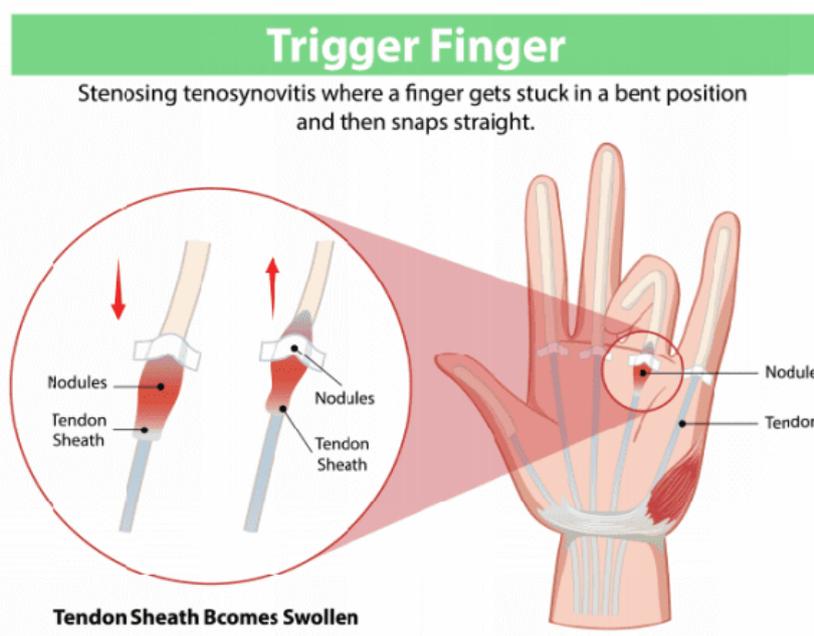


## Trigger Finger (Stenosing Tenosynovitis)



### What is Trigger Finger?

Trigger finger is a common condition where one of the fingers or the thumb becomes painful, stiff, or gets stuck in a bent position before suddenly straightening with a click or snap. This happens when the tendon that bends the finger cannot glide smoothly through its sheath.

### Why does it happen?

Each finger has tendons that run through a tunnel (tendon sheath). If the tendon or sheath becomes irritated or swollen, the tendon may catch when moving, causing triggering or locking.

### Common symptoms

- Finger or thumb stiffness, especially in the morning

- Pain or tenderness at the base of the finger or thumb (palm side)
- Clicking, popping, or catching sensation when moving the finger
- Finger locking in a bent position that may suddenly straighten
- Reduced grip strength

Symptoms can range from mild to severe and may come and go.

### **Who is more likely to get trigger finger?**

Trigger finger is more common in:

- People aged 40–60 years
- People with diabetes or rheumatoid arthritis
- Those doing repetitive gripping or hand-intensive activities
- After hand strain or injury

### **How is it diagnosed?**

Trigger finger is usually diagnosed based on your symptoms and a physical examination. Scans or X-rays are rarely needed.

### **Treatment options**

Most cases improve with simple treatment. Options include:

#### **1. Self-care and activity modification**

- Avoid or reduce repetitive gripping or forceful hand activities
- Take regular breaks from hand-intensive tasks
- Apply ice or cold packs (10–15 minutes) if painful

#### **2. Exercises**

Gentle finger stretching and range-of-movement exercises can help keep the finger mobile. Your physiotherapist may guide you on suitable exercises.

#### **3. Splinting**

A splint worn at night or during activities may rest the tendon and reduce triggering.

#### **4. Medication**

- Pain relief such as paracetamol may help
- Anti-inflammatory medicines may reduce pain (if suitable for you)

#### **5. Steroid injection**

A corticosteroid injection into the tendon sheath can reduce inflammation and is effective for many people.

### 6. Surgery (rare cases)

If symptoms persist despite other treatments, a small procedure may be offered to release the tight tendon sheath.

#### What can I do to help recovery?

- Follow advice from your healthcare professional
- Do exercises regularly as advised
- Avoid activities that worsen symptoms
- Use ergonomic tools or padded grips if needed

### Tendon Gliding Exercises

Exercise	Description
	<p> <b>Tabletop</b></p> <p>Make a "table-top" position as shown. Bend only at the knuckles.</p>
	<p> <b>Hook Fist</b></p> <p>Make a hook fist as shown.</p>
	<p> <b>Straight Fist</b></p> <p>Touch your palm while keeping your end joints straight</p>
	<p> <b>Full Fist</b></p> <p>Make a complete fist as shown.</p>

**When should I seek further medical advice?**

Contact your GP or healthcare professional if:

- Pain or locking is getting worse
- Your finger becomes permanently locked
- There is increasing swelling, redness, or signs of infection
- Symptoms do not improve with treatment

**Outlook**

Most people recover well with simple treatments. Early management improves outcomes and may prevent worsening of symptoms.