

Self Help for Trigger Finger: Relieve Pain, Improve Function



Self help book for trigger finger : The essential guide to quick recovery: Dr. Jean-Paul Brutus and Nathalie Brisebois (occupational therapist) answer the most frequently asked questions... by Alice Stewart

★★★★☆ 4.4 out of 5

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Print length : 19 pages



Trigger finger is a common condition that affects the tendons in the fingers. It can cause pain, stiffness, and difficulty bending the finger. The condition is caused by inflammation of the tendon sheath, which is a thin layer of tissue that surrounds the tendon. Trigger finger can occur in any finger, but it is most common in the thumb and ring finger.

There are a number of self-help measures that can be taken to relieve symptoms and improve function in trigger finger. These include:

- **Rest.** Avoid activities that aggravate your symptoms. This may mean avoiding certain hobbies or activities at work.
- **Ice.** Apply an ice pack to the affected finger for 15-20 minutes at a time, several times a day. This can help to reduce inflammation and pain.

- **Heat.** Applying heat to the affected finger can also help to relieve pain and stiffness. You can use a heating pad or take a warm bath.
- **Massage.** Gently massaging the affected finger can help to improve circulation and reduce pain. You can massage the finger yourself or ask a friend or family member to help you.
- **Stretching.** Stretching the affected finger can help to improve flexibility and range of motion. You can stretch the finger by bending it back towards the wrist and holding the stretch for 30 seconds. Repeat this stretch several times a day.
- **Splinting.** Wearing a splint can help to keep the affected finger in a straight position and prevent it from bending. This can help to relieve pain and stiffness.
- **Medication.** Over-the-counter pain relievers, such as ibuprofen or naproxen, can help to reduce pain and inflammation.
- **Injections.** In some cases, your doctor may recommend injecting the affected finger with a corticosteroid. This can help to reduce inflammation and pain.
- **Surgery.** In severe cases, surgery may be necessary to release the tendon sheath and relieve the pressure on the tendon.

Most cases of trigger finger can be managed with self-help measures. However, if your symptoms are severe or do not improve with self-care, it is important to see a doctor for further evaluation and treatment.

Exercises for Trigger Finger

In addition to the self-help measures listed above, there are a number of exercises that can be helpful for trigger finger. These exercises can help to improve flexibility, range of motion, and strength in the affected finger.

Here are some exercises that you can try:

- **Finger stretches.** To stretch your fingers, simply bend them back towards your wrist and hold the stretch for 30 seconds. Repeat this stretch several times a day.
- **Thumb stretches.** To stretch your thumb, hold your hand out in front of you with your thumb extended. Then, bend your thumb towards your little finger and hold the stretch for 30 seconds. Repeat this stretch several times a day.
- **Wrist stretches.** To stretch your wrists, clasp your hands together in front of your chest. Then, extend your arms out in front of you and bend your wrists back towards your body. Hold the stretch for 30 seconds. Repeat this stretch several times a day.
- **Hand strengthening exercises.** To strengthen your hands, you can squeeze a stress ball or use a hand gripper. Start with a light resistance and gradually increase the resistance as you get stronger.

Perform these exercises regularly to help improve your symptoms and regain full function in your finger.

Outlook for Trigger Finger

The outlook for trigger finger is generally good. Most cases can be managed with self-help measures or non-surgical treatment. However, in

some cases, surgery may be necessary to relieve the pressure on the tendon and restore full function to the finger.

If you have trigger finger, it is important to see a doctor for evaluation and treatment. Early diagnosis and treatment can help to prevent the condition from worsening and improve your chances of a full recovery.



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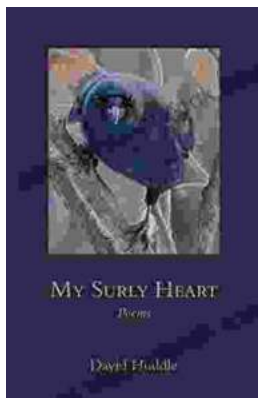
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