
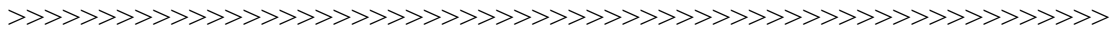


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Trigger Finger

Trigger finger is when the tendons in the palm of your hand become thickened or inflamed, causing the finger or thumb to 'catch' in the tunnel that it runs through and either click or lock in the palm of the hand. One or more fingers can be affected and usually occurs more in your dominant hand.

It is a fairly common condition and affects 2 - 3% of the population, but the cause is unknown. It affects women more than men, and occurs most frequently between the ages of 40 – 60. Diabetes and rheumatoid arthritis are often associated with the condition.

Symptoms

Symptoms of trigger finger often start without a single injury. They may follow a period of heavy or extensive hand use, particularly pinching and grasping activities.

Symptoms may include:

- A tender lump at the base of the finger on the palm side of the hand
- A catching, popping, or locking sensation with finger movement
- Pain when you bend or straighten the finger

Stiffness and locking tend to be worse after periods of inactivity, such as when you wake up in the morning. In severe cases, the involved finger may become locked in a bent position.

Treatment

- **Rest and medication** - Avoiding activities that cause pain if possible and using non-steroidal anti-inflammatories may help to alleviate pain.
- **Splinting** - Using a splint to keep the finger/thumb straight especially at night due to prolonged periods of rest – these can usually be bought at your local Boots or online.
- **Corticosteroid Injections** - A steroid injection can sometimes improve pain and triggering of the finger/thumb in 50-70% of cases however less likely in patients with underlying medical conditions such as Diabetes. You may need a further injection or surgical intervention to release the tendon tunnel if triggering persists however this is very rare.

For more information, please refer to the NHS website:

<https://www.nhs.uk/conditions/trigger-finger/>