

TRIGGER FINGER

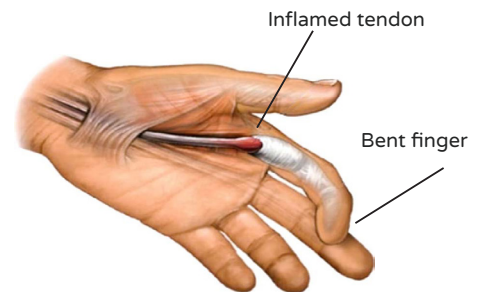
DESCRIPTION

In trigger finger, also known as stenosing tenosynovitis, one of your fingers or your thumb gets stuck in a bent position and then straightens with a snap—like a trigger being pulled and released. If trigger finger is severe, your finger may become locked in a bent position.

Often painful, trigger finger is caused by a narrowing of the sheath that surrounds the tendon in the affected finger. People whose work or hobbies require repetitive gripping actions are more susceptible. Trigger finger is also more common in women and in anyone with diabetes.

SYMPTOMS

- Swelling
- Finger stiffness, particularly in the morning
- A popping or clicking sensation as you move your finger
- Tenderness or a bump at the base of the affected finger
- Finger catching or locking in a bent position, which suddenly pops straight
- Finger locked in a bent position, which you are unable to straighten



FROM AN OCCUPATIONAL THERAPIST'S PERSPECTIVE

RISK FACTORS

- People whose work or hobbies require repetitive gripping actions are more susceptible i.e., using a power tool, playing a musical instrument
- More common in women
- Pre-existing health issues—you are at greater risk if you have certain medical conditions such as diabetes, rheumatoid arthritis, hypothyroidism, amyloidosis, and certain infections such as tuberculosis

OCCUPATIONAL THERAPY CAN HELP

- Help to identify movements and activities which may aggravate the condition
- Heat therapy—paraffin wax dips
- Therapeutic massage
- Therapeutic strengthening exercises
- Therapeutic stretching exercises
- Ice
- Custom splinting
- Develop customized home exercise program



Occupational therapy can help shorten your recovery time and decrease or eliminate long-term consequences.

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TRIGGER FINGER

Our Rehabilitation Services include treatment for:

- Back & neck pain
 - Arthritis
 - Orthopedic & sports injuries
 - Balance training/fall prevention
 - Neurological conditions
 - Post surgical
 - Chronic pain
 - Work injuries
 - Hands–Occupational Therapy
 - Pediatrics
 - Vestibular Rehab
 - TMJ
- Industrial Rehab Services (offered in Montgomery, Monroe, Port Jervis, Wallkill):
 - **Functional Capacity Evaluations**
 - **Work Conditioning**



Our Commitment to you:

- We sincerely care about you & your family
- Experienced in individual patient care
- Comprehensive treatment
- Personalized care

Physical, Occupational and Speech Therapy

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