

TRIGGER FINGER/THUMB

Symptoms

- Tenderness and/or a nodule felt in the base of the affected finger
- Locking or clicking when bending the fingers
- Finger becoming stuck in a fist
- Finger stiffness

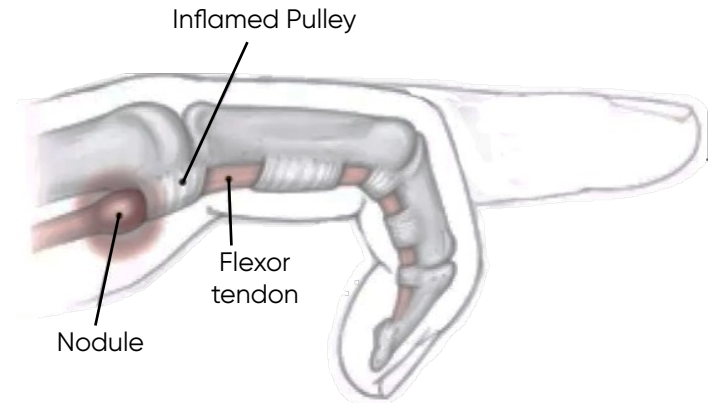
Anatomy/Cause

Trigger finger is a condition involving the tendon that bends your finger. Trigger finger occurs when the tendon gets stuck in the pulley (a small structure that holds the tendon close to the bone). The pulley and tendon can become swollen, meaning there is less space for the tendon to glide freely, resulting in abnormal finger movements.

Treatment

At Hand Works, our goal is to reduce pain and aggravation to allow the tendon to glide freely. Your therapist may:

- Provide a finger splint to allow the inflammation of the tendon/pulley to settle- typically worn full time for 6-12 weeks depending on the severity.
- Guide you through gentle exercises and when/how to wean from your splint
- Discuss and recommend changes to the way you use your hands and tools.



Referral

Date: ____/____/____

Patient Name: _____

D.O.B: ____/____/____

Patient Mobile: _____

Therapy Requested:

Medical Centre: _____

Provider Number: _____

LOCATIONS

MURDOCH

Suite 16, Level 1
Wexford Medical Centre
3 Barry Marshall Parade

WEST PERTH

Level 1, 1 Havelock Street

SOUTH PERTH

Suite 6, 77 South Terrace

DUNCRAIG

3/64 Arnisdale Road

MT LAWLEY

61 Walcott Street

MANDURAH

271 Pinjarra Road

ROCKINGHAM

24 Pedlar Circuit