**Trigger Finger?**

Symptoms of trigger finger usually start without any injury although they may follow a period of heavy hand use. Symptoms may include:

* A tender lump in your palm
* Swelling
* Catching or popping sensation in your finger or thumb joints
* Pain when bending or straightening your finger

Stiffness and catching tend to be worse after inactivity such as when you wake in the morning. Your fingers will often loosen up as you move them.

One of the first symptoms of trigger finger may be soreness at the base of the finger or thumb. The most common symptom is a painful clicking or snapping when attempting to flex or extend the affected finger. This catching sensation tends to worsen after periods of inactivity and loosen up with movement.

In some cases the finger or thumb that is affected locks in a flexed position or in an extended position as the condition becomes more severe and must be gently straightened with the other hand. Joint contraction or stiffening may eventually occur.

Sometimes when the tendon breaks free it may feel like your finger joint is dislocating. In severe cases of trigger finger, the finger cannot be straightened even with help. Sometimes one or more fingers are affected.

**Who Gets Trigger Finger?**

Farmers, industrial workers, and musicians are frequently affected by trigger finger since they rely on their fingers or thumbs for multiple repetitive movements. Even smokers can get trigger thumb from repetitive use of a lighter for example. Trigger finger is more common in women than men and tends to occur most frequently in people who are between 40 and 60 years of age.

Data presented at the 2005 American College of Rheumatology national meeting suggests that a majority of patients with rheumatoid arthritis have inflammation around the tendons of the palm of the hand that could develop into trigger finger.

**How Long Does Recovery From Trigger Finger Take?**

The time it takes to recover from trigger finger depends on the severity of the condition which varies from person to person. The choice of treatment also impacts recovery time. For example splinting...
may be necessary for six weeks. However most patients with trigger finger recover within a few weeks by resting and limiting the use of the affected finger and/or using anti-inflammatory drugs.

**Trigger Thumb**

**What Is Trigger Thumb?**

Trigger thumb occurs when a bump exists on the tendon that moves the joint at the tip of the thumb causing the thumb to jump or "trigger" when it’s used. In other cases the thumb might be locked in a bent position.

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**FIR** increases the molecular functioning of your cells as it penetrates through the skin to the subcutaneous tissues.

The severity of trigger finger varies from person to person. Although response to treatment varies results are usually good.

**Assisted Movement**

Assisted movement exercises will help maintain and even improve range of motion in your affected finger. Use your other hand to slowly and gently bend and straighten your affected finger moving it through the largest range of motion possible. Bend and straighten your finger 10 to 15 times.

**Stretching**

Stretching your finger is important not only for your muscles but also for the tendons and ligaments in your affected finger. Keeping the connective tissue as flexible as possible is important in the treatment of trigger finger. Use your other hand to pull your affected finger beyond extension until you feel a stretch in the bottom of your finger. Hold the stretch for five to 10 seconds then stretch your finger in the other direction. Repeat each stretch three to five times.
**Strengthening Exercises**

Trigger finger is common among individuals who repetitively grip objects. Gripping is performed by your flexor muscles which means your extensor muscles may be weak causing a muscle imbalance. Strengthening these muscles may help in the treatment of trigger finger. Keeping your fingers straight bend your knuckles so that your hand forms a 90-degree angle. Press your thumb close to your fingers then wrap a thick rubber band around your fingers and thumb. Working against the resistance of the rubber band open your hand by extending your fingers as much as possible. Slowly return to the starting position. Repeat the exercise 10 to 15 times.