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## Trigger Finger

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*Does your finger catch or get stuck when you bend it? You may have a trigger finger.*

Trigger finger, also called stenosing tenosynovitis, is a painful condition that causes the fingers or thumb to catch or lock when bent. It can also happen in the thumb.

The tendons that bend (flex) the fingers normally glide easily with the help of pulleys. These pulleys hold the tendons close to the bone. This is similar to how a line is held on a fishing rod. Trigger finger occurs when the tendon pulley becomes inflamed or swollen. It is then too thick, so the tendon cannot glide easily through it.

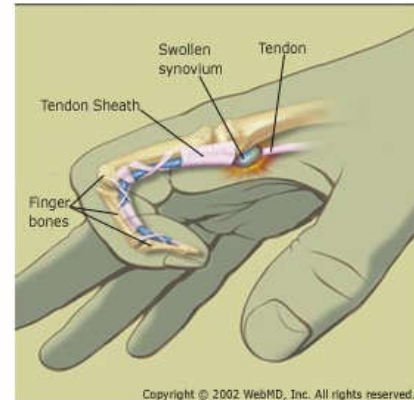


### Common cause of trigger finger include:

- Repeated or forceful movements of the finger
- Prolonged gripping
- Extended use of vibrating tools
- Rheumatoid arthritis
- Gout
- Diabetes

### Symptoms:

- Normally start with pain or discomfort felt at the base of the finger where the finger joins the palm. This area is often sensitive to pressure.
- There may be a lump there
- Popping or catching of finger as it is moves
- Limited finger movement
- Locking of finger in certain positio



### Treatment

*The goal of treatment in trigger finger is to eliminate the swelling and catching/locking, allowing full, painless movement of the finger or thumb; something that physiotherapy has been proven to help with. If you think you could have a trigger finger then get in touch today.*