

## What is it?

Trigger finger happens when your finger is hard to straighten after bending. You might notice a pop or clicking feeling as you bend your finger. Your finger may also feel stiff. In severe cases a trigger finger will get locked or stuck after flexing and may then 'snap back' to straight.

Trigger finger is caused by an inflamed tendon. This stops the finger from bending as it should. In most cases, the cause of the inflamed tendon is unclear.

Sometimes, people with diabetes, arthritis or carpal tunnel syndrome, may get trigger finger. It can also happen in people who use their hand for tasks like screwing and twisting.

## What will my GP do now?

Your GP will talk to you about treatment options. Common treatments include rest, medication and surgery. They may advise you to rest your hand to let any pain or swelling to settle. To help you do this, they may put your finger in a splint for a few weeks. Your GP may also give you some gentle exercises to do.

## What will my GP do in the future?

If your finger does not improve with rest and gentle exercises, your GP may inject a steroid medicine into your finger. You may need to have a finger splint for a few days after this.

You may need surgery if your trigger finger impacts on your daily life. Your GP will refer you to a hand surgeon to if this is the right option for you.

## What questions could I ask my doctor?

- What is causing my pain?*
- What treatments can help?*
- What should I avoid?*



## What can I do?

Rest your hand and fingers as advised by your GP. Follow your GP's advice about gentle exercises. If your symptoms are not getting better, you should see your GP for another check up.

## What supports are available?

Your GP can refer you for an appointment in the private rooms of a specialist who works in the Fairfield Hand Clinic. This clinic is open for all South Western Sydney LGAs (except Bankstown).

Bankstown residents will be referred to a private specialist, who can then arrange surgery at Bankstown Hospital if necessary.

## Where can I learn more?

- **OrthoInfo** – Trigger finger: [orthoinfo.aaos.org](http://orthoinfo.aaos.org)
- **Patient.info** – Trigger finger: [patient.info](http://patient.info)