

CONSERVATIVE TREATMENT OF TRIGGER FINGER

Splinting

Splinting immobilizes the joint, allowing for inflammation and tendon irritation to decrease. The splint should be worn between six to eight weeks.

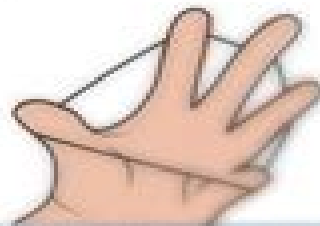
- **MCP BLOCK SPLINT:** This splint option allows for more mobility at the distal interphalangeal (DIP) and proximal interphalangeal (PIP) joints, but blocks the ability to fully move into flexion at the MCP.
- **OVAL EIGHT SPLINT:** This splint is small, discrete, and comes in a variety of sizes which then allows for adjustment to determine which joint feels most comfortable and beneficial for immobilization.

Exercise

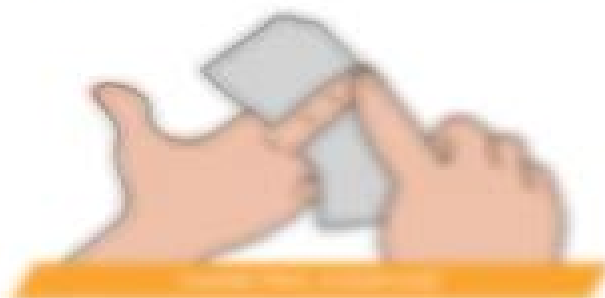
While splinting, in order to keep the joints from becoming stiff, performing stretches and exercise are essential. Avoid exercises that require the digit to go into full flexion, as this will continue the cycle of inflammation. Gentle full digit flexion can be re-introduced after splinting.

Stretch the digit into full extension

- Stretch at the DIP and PIP joints into gentle flexion.
- Active digit extension exercises using a rubber band or therapy putty



EXERCISE USING RUBBER BAND



MCP BLOCK SPLINT



OVAL EIGHT SPLINT

Massage and mobility

Massage the splinted wrist up to the elbow area. Massage the wrist for 10 minutes. The additional motion reduces the inflammation, performing self-massage at home using a modified ring can help to address a trigger finger. These steps can increase blood flow and the extensibility of the tissue.

Therapeutic

Therapeutic can be beneficial when the individual begins to move away from the splint and needs assistance in incorporating active flexion of the joint.

Therapeutic putty

The goal of this exercise is to increase the strength and mobility of the PIP and DIP joints. The patient should use the putty to resist the motion of the joint. The patient should start with the thumb and index finger, with the other hand and move the putty with the affected digit. The exercise helps the patient to gain control of the joint. The patient should start with the thumb and index finger, with the other hand and move the putty with the affected digit. The exercise helps the patient to gain control of the joint.

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Table of Contents Trigger Finger User Manual

1. Understanding the eBook Trigger Finger User Manual
 - The Rise of Digital Reading Trigger Finger User Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Trigger Finger User Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Trigger Finger User Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Trigger Finger User Manual
 - Personalized Recommendations
 - Trigger Finger User Manual User Reviews and Ratings
 - Trigger Finger User Manual and Bestseller Lists
5. Accessing Trigger Finger User Manual Free and Paid eBooks

- Trigger Finger User Manual Public Domain eBooks
- Trigger Finger User Manual eBook Subscription Services
- Trigger Finger User Manual Budget-Friendly Options
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 - Trigger Finger User Manual Compatibility with Devices
 - Trigger Finger User Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Trigger Finger User Manual
 - Highlighting and Note-Taking Trigger Finger User Manual
 - Interactive Elements Trigger Finger User Manual
- 8. Staying Engaged with Trigger Finger User Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Trigger Finger User Manual
- 9. Balancing eBooks and Physical Books Trigger Finger User Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Trigger Finger User Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Trigger Finger User Manual
 - Setting Reading Goals Trigger Finger User Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Trigger Finger User Manual
 - Fact-Checking eBook Content of Trigger Finger User Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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