

Trigger finger or pre-triggering:

Conservative management

Information for patients

Introduction

Trigger finger is a condition which has varying degrees of severity. Pain at the base of the finger and clicking of the digit are considered to be mild symptoms that may be kept under control with conservative management.

What is conservative management?

Conservative management refers to using non-surgical methods of treating your symptoms. Conservative treatments may include physiotherapy, medication, and injections.

Conservative approach

In the early stages of trigger finger or pre-triggering, applying a topical anti-inflammatory gel (such as ibuprofen or diclofenac) three times per day to the palm of the hand at the base of your finger can relieve symptoms of pain and reduce swelling in this area.

Splinting of the affected digit at night time can also be helpful to rest the affected area and reduce some swelling. This can be done easily by strapping a lollypop stick to your finger on the palm side of your hand using medical tape. Make sure you are unable to bend the big knuckle (where the finger meets the hand). Alternatively, cheap trigger finger splints can be purchased online. Ensure you remove the splint in the morning and move your fingers as normal.

Using both of these methods for 3-12 weeks can potentially improve your symptoms or prevent the condition from worsening.

Making changes to any activity that makes the symptoms worse can also be helpful.