

# Your Journey with Trigger Finger



For more information scan this QR code or go to [myhealth.alberta.ca/trigger-finger-pathway](https://myhealth.alberta.ca/trigger-finger-pathway)

**Trigger finger can occur in one or more of your fingers or thumbs (digits). You might experience a triggering sensation (locking, catching or clicking) when you move the affected digit. Trigger finger may cause pain, and can range from mild to severe (where the digit gets stuck in a bent position).**

You are the most important part of your healthcare team. This guide will help you know what to expect as you work with your team to manage and treat your trigger finger. If you have any questions along the way, please ask your healthcare team.

## Before your appointment

- Write down how you feel, your symptoms, and any questions or concerns.
- Try to remember when you first noticed triggering and pain, and how your symptoms have changed over time.
- Write down things that make your symptoms better and worse.
- Prepare to share any treatments you have tried to help your trigger finger.



## Visit your healthcare provider

- Your healthcare provider will ask questions about the symptoms you are experiencing and how they impact your day-to-day life.
- Your provider will examine your hands. They will ask about pain and tenderness and watch for any noticeable triggering or locking.
- Your health includes physical, emotional, spiritual, financial, and social elements. To better manage your health condition, your provider needs to hear from you and understand who you are and what matters to you.



## Get your tests

- Trigger finger is diagnosed by the information you share with your healthcare provider and what they observe during your exam. Additional tests (for example, ultrasounds and x-rays) are not usually required.



## Review your treatment & management options

- Non-surgical options are rest, steroid injections, and splinting. These are usually tried first to see if they help with your symptoms.
- Symptoms of trigger finger often go away on their own within 3 months by resting the hands. You might be asked to minimize activities (like hobbies).
- Steroid injections are very safe and effective. There is a lifetime maximum of 3 steroid injections per trigger finger.
- Splints that limit the movement of your digit can be used while sleeping to help relieve trigger finger.
- You and your provider will determine which options are best for you.



## Talk with your healthcare provider about a referral

- You may be referred to a surgeon for assessment and to discuss options that could include steroid injections or surgery.
- Referral to a specialist is based on your symptoms, impacts on your day-to-day life, and how you respond to non-surgical treatment.
- See your healthcare provider as soon as possible if one or more of your digits is stuck in a bent position.



## Start your treatment & watch your symptoms

- Take an active role in your treatment.
- Write down any changes you notice in your symptoms.



## Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other resources or supports that may help you.



Whole-person health

### Important Tips:

#### Need a family doctor?

[ahs.ca/findadoctor](https://ahs.ca/findadoctor)

#### Need a translator or interpreter?

Let your healthcare provider know

#### Need health advice?

Call Health Link at 811

#### Need to find programs and resources in your community?

Call 211 or visit [ab.211.ca](https://ab.211.ca)



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