

How to use a massage gun for Trigger Finger

Trigger finger is a condition in which one or more of your fingers or thumbs gets stuck in a bent position. Your fingers or thumbs may bend or straighten with a snap - like a trigger being pulled and released.



Trigger finger is also known as stenosing tenosynovitis (stuh-NO-sing ten-o-sin-o-VIE-tis). Inflammation narrows the space within the sheath that surrounds the tendon in the affected finger. Often you may develop adhesion in the sheath that can also narrow the sheath. If trigger finger is severe, your finger may become locked in a bent position.

If your work or hobbies require repetitive gripping actions you are at a higher risk of developing trigger finger. Trigger finger is also more common in women and in anyone with diabetes.

(See demonstration of knot going through pulley)

Symptoms may include:

1. Finger stiffness, usually more pronounced in the morning
2. A popping or clicking as you move your finger
3. A nodule or a bump in the palm at the base of the affected finger which may be tender.
4. Finger catching or locking in a bent position. It may suddenly pop straight
5. Finger locked in a bent position, which you are unable to straighten

Trigger finger can affect any finger, including the thumb. More than one finger may be affected at a time, and both hands might be involved.

Massage

It is important to understand many of the muscles of the wrist and hand originate in the forearm. You do not need to know the specific names or functions, but you will be well served to apply massage to the muscles on the front and back of the forearm.



You may also massage the palm side of the hand (palm, fingers, and thumb). Use the air-filled attachment. Massage until no longer tender.



Over the nodules or bumps and the base of the fingers you should try cross fiber friction massage over tendons. Start with the small ball attachment and you may eventually work up to the flat head attachment with rounded edges.



You will turn the head attachment sideways to apply the cross-fiber massage. If still too tender after 30 seconds stop the massage and try another time. If tolerated may go up to 5 minutes. May do 3x per day if tolerated on a following day.