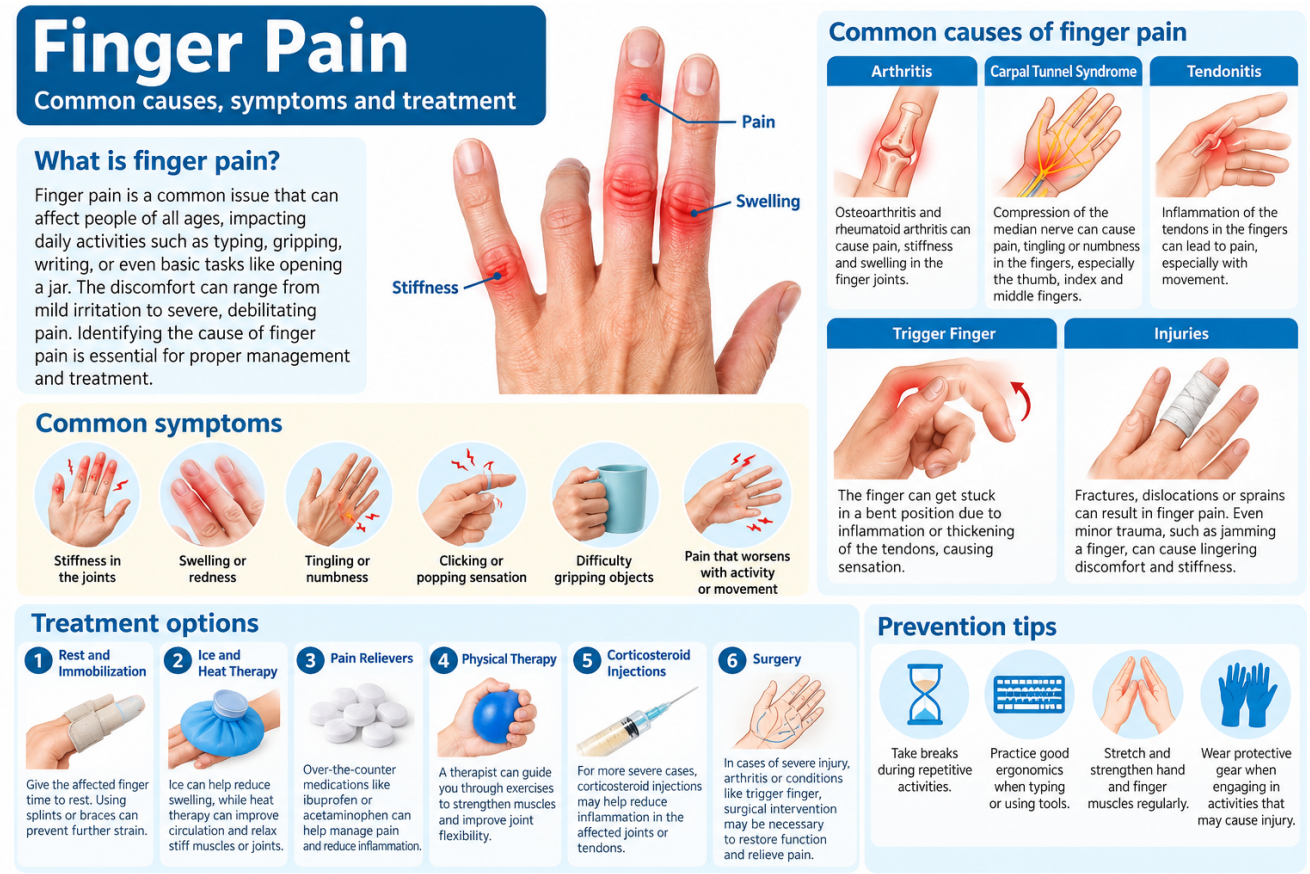
# Finger Pain

Understanding finger discomfort and recovery

## Finger Pain: Understanding and Management

A guide to causes, symptoms, treatment and exercises

Finger pain can affect daily activities such as typing, gripping, writing and opening jars. Discomfort can range




## Common causes of finger pain

Arthritis: Osteoarthritis involves wear of joint cartilage, causing pain and stiffness. Rheumatoid arthritis causes joint inflammation, swelling and discomfort.

Other causes include carpal tunnel syndrome, tendonitis, trigger finger and injuries such as fractures, dislocations or sprains.

# Causes and symptoms

Recognising what may be contributing to finger pain

## Carpal tunnel syndrome

Compression of the median nerve at the wrist can cause pain, tingling or numbness, especially in the thumb, index and middle fingers. Repetitive hand movements may contribute.

## Tendonitis

Inflammation of finger tendons may cause pain during movement, particularly with repetitive gripping, manual work or sports.

## Trigger finger

A finger may catch or lock in a bent position due to tendon thickening or inflammation, sometimes with a clicking or popping sensation.

## Injuries

Fractures, dislocations, sprains and even minor impacts can cause ongoing pain and stiffness.

## Common symptoms

- Joint stiffness or swelling and redness
- Tingling or numbness
- Clicking or popping sensations
- Difficulty gripping objects
- Pain that worsens with movement or activity

# Exercises and rehabilitation

Gentle exercises for finger mobility and strength

## Finger pain exercise guide

Move gently; stop or modify exercises if pain increases.




## Prevention tips

- Take breaks during repetitive activities.
- Use comfortable hand positions when typing or handling tools.
- Stretch and strengthen hand and finger muscles regularly.
- Wear protective equipment when activities may cause injury.

If symptoms persist or worsen, speak to your GP or physiotherapist.

# Treatment and management

Practical approaches to ease discomfort and improve function

## 1. Rest and support

Allow the affected finger time to recover. Splints or braces may help limit movements that aggravate symptoms.

## 2. Ice and heat

Ice can help with swelling, while gentle warmth may relieve stiffness. Protect the skin from extreme temperatures.

## 3. Pain relief

Over-the-counter medicines such as ibuprofen or paracetamol may help. Ask a pharmacist about suitability.

## 4. Physiotherapy

A physiotherapist can advise on movement, strengthening and joint flexibility to support recovery.

## 5. Injections or surgery

Some more severe conditions may require corticosteroid injections or surgical assessment, depending on the diagnosis.

## Important information

Seek medical advice for persistent or worsening pain, significant swelling, loss of function or symptoms after injury.

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