

Hand/Finger Tendinitis

What is it?

When tendons associated with wrist and fingers become inflamed and irritated.

What causes it?

Repetitive and/or intense use of tendons in wrist or hand. Cold temperatures. Constant vibration of the hand. Health issues such as diabetes and rheumatoid arthritis.

Symptoms

Pain, tenderness and swelling. Crackling, grating or popping feelings under the skin (crepitus)

Top Tips

Rest and ice as soon as possible

How to Treat it

Rest. Ice for 24-48 hours. Anti-inflammatories.



Rehab

Rest or adaptive measures during activities causing injury. Gradual strengthening and stretching exercises.

Definitions

Tendon – an inflexible, inelastic strong fibrous tissue connecting muscle to bone

Rheumatoid Arthritis – autoimmune disorder affecting joints, causing pain, warmth and swelling

Associated Conditions

- Thumb Sprain or Skier's Thumb (Ulnar Collateral Ligament)
- Mallet Finger (Long Extensor Tendon)
- Finger Sprain

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