

Trigger Finger Test

Name: _____ Date: _____

About the Test

A trigger finger test is a physical examination performed by a healthcare professional to diagnose a condition known as trigger finger" or stenosing tenosynovitis.

Trigger finger is a condition where one of the fingers or the thumb becomes locked in a bent position and then suddenly releases, causing a snapping or popping sensation. It is caused by inflammation and narrowing of the sheath surrounding the affected finger's tendon.

Instructions

1. Ask the patient to sit or stand comfortably with their hand relaxed and palm facing upwards.
 2. Confirm with the patient which finger is experiencing symptoms of triggering. Trigger finger commonly affects the ring finger and thumb but can occur on any finger.
 3. With one hand, stabilize the patient's hand by holding it gently but firmly to prevent excessive movement during the test.
 4. Using the other hand, grasp the affected finger near the base and attempt to passively straighten or extend it.
 5. While attempting to extend the finger, carefully watch and feel for any resistance or catching sensation in the finger's movement. The finger may feel like it gets stuck or locked in a bent position and then suddenly releases with a snapping or popping sensation.
 6. Ask the patient if they experience any pain or discomfort during the test. Pain or tenderness along the affected finger or thumb may also be noted.
 7. In some cases, the triggering test may be performed on other fingers to compare to the affected finger or rule out other potential issues.
 8. Based on the observation and patient feedback, determine whether the finger exhibits symptoms consistent with trigger finger. The presence of catching, locking, or snapping during passive extension may suggest trigger finger.
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Reminders

- Obtain the patient's informed consent before performing the test, ensuring they are aware of the purpose and potential discomfort involved.
- Double-check with the patient to ensure you are testing the correct affected finger or thumb to avoid any misunderstandings.
- Encourage the patient to communicate any sensations or pain experienced during the test, and be attentive to their feedback.
- After the test, clearly explain the findings to the patient, including the presence of triggering or any other relevant observations.

Additional Notes