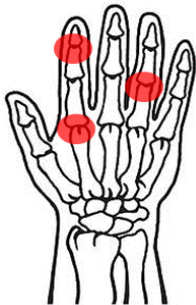
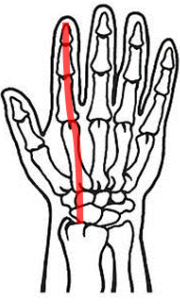


Finger Tendinitis and Tenosynovitis

What causes finger tendinitis and tenosynovitis?

Tendons help to bend and straighten your fingers. Finger **tendinitis** (*inflammation of the tendon*) and finger **tenosynovitis** (*inflammation of the tendon and surrounding tendon sheath, or covering*) can be caused by inflammatory diseases like arthritis, medications, or other conditions that irritate the tendons. It can also be caused by repetitive hand activities, such as writing, drawing, texting, typing, or playing video games.

How are tendinitis and tenosynovitis different from arthritis?

	Arthritis	Tendinitis or tenosynovitis
		
Type of pain	Dull ache	Sharp pain
Location of pain	Finger joints	Along the whole finger
Other symptoms	Swelling, stiffness	Locking, cracking, or snapping of finger

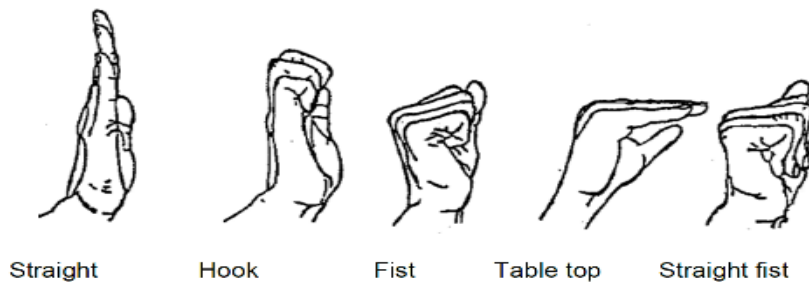
What can help finger tendinitis and tenosynovitis?

- Avoid activities that require gripping for a long time
- Take regular short breaks instead of “pushing through” tasks
- Use wide foam or plastic grips on pencils, pens or tools*
- Use backpacks or shoulder bags to carry heavy items
- Complete finger exercises to keep the tendons gliding smoothly
- Apply heat or ice to decrease pain and swelling
- Use a splint to rest your tendons

Your Program:

Tendon Gliding Exercises

Move through 5 positions below - repeat 10 times, at least 3 times daily



If your finger is “catching” or if you feel more pain, stop the exercise and contact your therapist

Heat/Cold – 1-2 times daily, or as needed

- Hot pack or warm bottle/bath for 10 minutes
- Cold pack 10 minutes on, 60 minutes off
- Contrast bath – alternate between warm and cold water baths for 10 seconds in each bath for 10 minutes

Splinting

- **Day time splint** - reduces movement at finger joints to reduce tendon inflammation



- **Resting splint*** - helps tendons to recover from day time activity; fits 2/3 up forearm



Make sure splint does not cause redness or blisters
 Make sure straps are not too tight (numbness or tingling in your fingers or red/purple skin means too tight)
 If you experience any of these issues, stop wearing your splint and contact your therapist

If you have any questions, please contact your therapist

*these items can be purchased through www.amazon.ca or www.performancehealth.ca