FINGER PAIN

Pain, tenderness or trouble moving the finger

CAUSES

INJURY

If the pain in the finger is caused by an injury, emergency help must be sought. These include cases where the bones have been broken or a sharp object has pierced through the skin of the finger.

Symptoms:

- Pain in the finger
- Bones appear deformed or are protruding
- Finger cannot be bent or flexed
- Bleeding

DO:

- Protect the finger from further injury.
- Seek help if you suspect that the bone in your finger is broken or if the object that has pierced your finger is causing much bleeding.

DON'T:

- Don't continue to strain your fingers.

TENDINITIS

If there is tenderness in the fingers and some pain, especially at night, the possible cause of this is tendinitis. Characterized by inflamed tendons, this is usually a condition that develops after prolonged repetitive activity or an injury.

Symptoms:

- Pain and tenderness in the fingers
- Trouble moving, bending or flexing fingers
- Muscle spasms

DO:

- Apply the PRICE treatment: *Protect* your finger from further injury. *Rest* your fingers. Apply an *ice* pack to the painful area three to four times a day. Wrap the finger in a bandage (*compress*) and keep it above the level of your heart (*elevate*).
- If you are experiencing pain in the joints, apply heat (e.g. a towel soaked in warm water) to the affected area three to four times a day.
- Try over-the-counter pain relievers such as ibuprofen and acetaminophen.

DON'T:

- Don't continue to strain your fingers. Rest them for a period of time or vary your activities so prolonged repetitive movement is avoided.

*The **PRICE (protect, rest, ice, compress, elevate) Treatment** is an effective way to relieve finger pain.*

FINGER PAIN