

Median Nerve Hand – Low Level Injury

Trigger Finger (Stenosing Tenosynovitis).

Causes:

- One of your fingers gets stuck in a bent position then snaps back into place. Affected fingers are usually the thumb, index finger, middle finger or ring finger.
- Repetitive gripping (carpentry-hammer) or catching an object (Pitchers-Baseball)
- Repetitive snapping of a finger (cracking knuckles)

Symptoms:

- Pain when gripping an object.
- Trigger finger occurs either late at night or in the morning.

Affected Movements

- Decreased firm Grasp of thumb and middle fingers-> difficulty holding hammer
- Weakness with in-hand manipulation of objects (palm to fingers), **Pinch Grip, Prehension Grip, Precision Grip, and Lateral Pinch**
 - Difficulty buttoning a shirt (decreased thumb opposition)
 - Difficulty brushing teeth
 - Difficulty tying shoes
 - Difficulty using scissors
 - Difficulty screwing nuts/bolts (tip pinch)
 - Difficulty writing (precision grip)
 - Difficulty moving a coin or peg from palm to fingers (in-hand manipulation)
 - Difficulty turning key (lateral pinch)
 - Difficulty turning doorknob
 - Difficulty cutting with knife (regardless the size of knife)
 - Difficulty using fork

***OT Intervention for Median Nerve Injuries:

- **(R.I.C.E.)** Rest, Ice, Compression and Elevation to reduce pain and inflammation.
- **Splints:** include a **Trigger Finger Splint:** MCPs extended, IP joints free
- Dorsal protection splint with wrist positioned in 30 degrees of flexion if it's a low lesion. Include elbow strap splint in 90 degrees flexion if it's a high lesion.
- **A/PROM** of all digits with wrist in flexed position at 2 weeks post-op
- Scar management
- **AROM** of wrist at 4 weeks, include elbow if it's a high lesion
- Strengthening at 9 weeks
- Stretching and Tendon Gliding exercises.
- **Sensory re-education:** begin when individual demonstrates a level of decreased protective sensation when administering the **Semmes-Weinstein Monofilament test.**
- **To improve buttoning skills:** Separating playing cards

Physical Therapy Study Guide

Sasha Hu



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