#### Median Nerve Hand – Low Level Injury

#### Trigger Finger (Stenosing Tenosynovitis).

#### Cartesen

- 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 seissors
  - 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.J.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**

**Mark Dutton** 

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