

Chinese Medicine for the Treatment of Trigger Finger

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What is the problem?



One of the prevalent issues in today's world is trigger finger. It's causing by hours of nonstop smartphone gaming make tensing in the finger muscles. These days, apart from using smartphone people utilize their fingers for tasks like typing, weaving, and using computers.

Conclusion

Chinese medicine treatment is an alternative therapy effective in treating, preventing, and restoring symptoms of trigger finger.

The aims of the study:

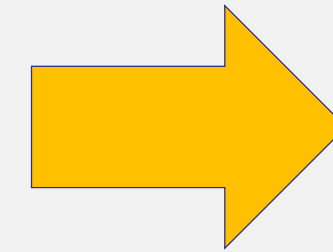


The objective of reviewing literature related to treating trigger finger using Chinese Medicine.

The findings obtained from the literature review.



Symptoms of trigger finger



Level 0 : Finger hurts while bending

Level 1: Inflammation

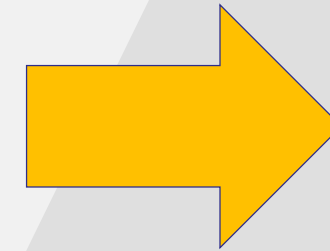
Level 2: Triggering

Level 3: Locking

Level 4 : Flexion Contracture



Mechanisms of trigger finger disease according to Chinese Medicine



- Tendons are associated with the liver, wood, eyes, and anger.
- Angry state of mind and spend a lot of time staring at a computer or smartphone.
- tendon is malnourished for an extended length of time, blood and Qi circulation become difficult.
- In places that are frequently used, blood clots or malnourishment may arise.
- Similar to how sparks can be produced by dry wood rubbing against one another.
- Tendon tension develops.

Results



Chinese medicine treatment for trigger finger

Tui Na Massage : helping stimulation of blood circulation.

Acupuncture : can reducing edema, pain and assisting fingers in returning to normal function are achieved by stimulating blood circulation. Points that are often utilized comprising of He Gu points (合谷穴), Yang Xi points (阳溪穴), Da Ling points (大陵穴), pain points (阿是穴).

Poultice : Reducing swelling, relieving pain (消肿止痛),relaxing tendons, and reducing blood circulation

Rapeutic : Increase blood flow and relieve congestion. Pain relief through meridians penetration (活血散瘀通络止痛)

Gua Sha : Induce respiration and blood circulation It is going to dissipate body heat.

Conclusions and Recommendations



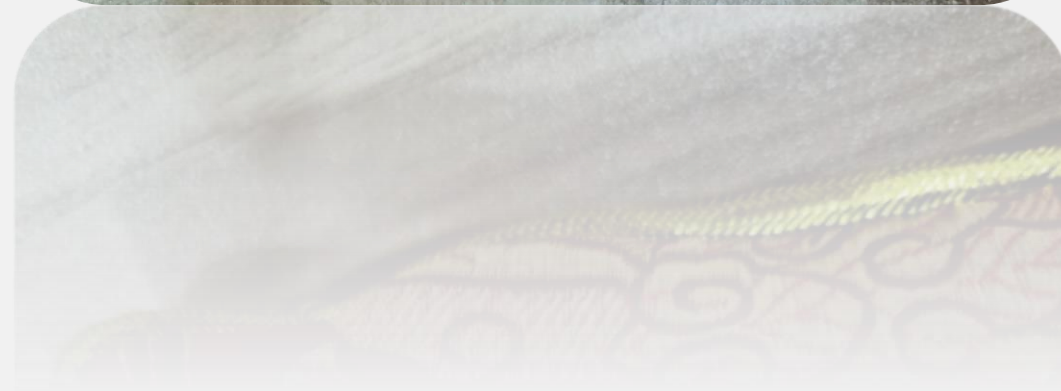
In the severe level, trigger finger can be a hindrance in day-to-day activities and employment. Tendon damage (伤筋) or tendon injury (筋痹) is the reason according to Chinese Medicine. Pain closing disease (痹症) is the classification for it result in discomfort manifested as a blocked meridians. The body's interior organs degrade because to blood clots and Qi stagnation. Skin, blood, and Qi are all drained, and cold depletes bones and tendons of vital nutrients. The destruction of disease is frequently caused by external forces including wind, cold, and humidity. Shut down the meridians. There are five stages to the disease's symptoms, which include pain, numbness, and blood congestion that is cleared by qi. Level zero: soreness in the fingers when bending. Inflammation is the first level, followed by Triggering, Locking, and Flexion in the second, third, and fourth levels. Tui Na massage, acupuncture, poultices, Chinese medicine steaming, and Gua Sha are all part of the traditional Chinese Medicine Therapy. Points that are often utilized comprising of He Gu points (合谷穴), Yang Xi points (阳溪穴), Da Ling points (大陵穴), pain points (阿是穴), and muscle relaxation points. Blood circulation and Qi can ease discomfort.

Further study

- ▶ This study does a literature evaluation on the use of traditional Chinese medicine to treat trigger fingers. Not linked to surgery. In the following study, the scope of the literature review will be broadened. To provide an alternative for treating people with trigger finger at various stages.

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