

Trigger Finger Symptom & Flare Checklist

Use this checklist to track symptoms, possible triggers, medications, and when to contact your rheumatologist.

✓ Symptoms (check all that apply)

- Pain at the base of the finger or thumb
- Tenderness in the palm near the affected finger
- Finger stiffness, especially in the morning
- Clicking or popping when bending the finger
- Catching sensation during finger movement
- Finger locking in a bent position
- Need to use the other hand to straighten the finger
- Swelling near the base of the finger
- Small lump or nodule in the palm
- Reduced finger movement
- Pain when gripping objects
- Trouble holding tools, utensils, or a phone
- Weak grip strength
- Symptoms worse after repetitive hand use
- Finger pain that affects work or daily activity
- Thumb locking or triggering
- Warmth or redness near the area
- Sudden worsening of locking or pain
- Trouble using the hand normally
- Other: _____

✓ Possible Triggers (past 24–72 hours)

- Repetitive gripping or hand use
- Frequent finger bending or forceful grasping
- Heavy household, work, or tool use
- Recent overuse of the hand
- Poor sleep / high stress
- Recent medication change
- Missed pain-relief medication

- Increased swelling after activity
- Thumb-heavy phone or device use
- Other: _____

✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

Long-term medication(s) (if any):

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Finger or thumb locks and cannot be straightened
- Sudden inability to move or use the finger normally
- Rapid worsening of pain, swelling, or locking
- New redness, warmth, or swelling suggesting infection
- Fever with worsening local symptoms
- Severe pain affecting sleep, work, or self-care tasks
- Side effects from medications (rash, shortness of breath, severe GI symptoms)
- Symptoms becoming more frequent, more severe, or affecting daily function
- No improvement despite rest and basic home care
- Questions about medication safety, splinting, injections, therapy, or surgery
- Major loss of hand function or grip strength

Contact Information

Rheumatology Care Associates

Phone: [Call \(352\) 717-0603](tel:3527170603)

Contact / Request Appointment: [Contact Us](#)

Address: 2611 S US Hwy 27, Clermont, FL 34711

Website: [rheumatologycareassociates.com](https://www.rheumatologycareassociates.com)

Book Appointment: [Schedule Online](#)

Quick Action Plan

During a symptom flare:

1. Take your prescribed symptom-relief medication exactly as directed by your clinician.
2. Rest the affected finger or thumb and avoid repeated gripping or forceful bending.
3. Use a splint if recommended by your clinician.
4. Keep track of pain, clicking, locking, swelling, and activities that trigger symptoms.
5. Stay hydrated and prioritize sleep and recovery.
6. Avoid repetitive hand activity that increases tendon irritation.
7. Contact your rheumatologist promptly if locking, pain, swelling, or hand function worsens.
8. Seek urgent care if the finger locks and cannot be moved or if there is severe pain with redness or fever.

Prevention tips:

- Take long-term medication consistently as prescribed.
- Keep a simple flare log (date, pain level, locking episodes, swelling, activity triggers).
- Pace repetitive hand activity and avoid overuse during active flares.
- Use proper hand support, splinting, or ergonomic tools when advised.
- Report new locking, redness, warmth, or major weakness early.
- Keep regular follow-ups and review medication side effects with your specialist.

Need Help?

Emergency / urgent concerns:

Call now: [\(352\)717-0603](tel:(352)717-0603)

Request appointment: [Contact Form](#)

Visit website:

[rheumatologycareassociates.com](https://www.rheumatologycareassociates.com)

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For educational purposes only. This does not replace professional medical advice. Always consult your healthcare provider for diagnosis and treatment.

Learn more about Trigger Finger: [Visit our Trigger Finger Guide](#)

How to Use This Checklist

1. Print this checklist or keep it on your phone.
2. During a flare, check symptoms and possible triggers.
3. Record medications and timing to help monitor treatment response.
4. Bring it to appointments so your rheumatologist can track patterns over time.
5. Call immediately if the finger locks, cannot be straightened, or hand function suddenly worsens.