



**TRIGGER  
FINGER  
SOLUTION™**

## Fitting Instructions

### WHAT IS TRIGGER FINGER?

Trigger Finger is a common problem that can cause pain or a locking sensation in one or more fingers. Usually, it is caused by repetitive grasping or contact with a particular object (steering wheel, tennis racket, cell phone, etc.) which breaks down the fat pad at the base of the finger. When the fat pad breaks down, the tendon beneath it, which helps bend the finger, starts to thicken or swell. This tendon runs through a tunnel or sheath at the base of the finger. When the thickening or swelling occurs, the tendon can't easily pass through the tunnel, which in turn causes pain and a locking sensation as you try to move the finger.

### HOW THE TRIGGER FINGER SOLUTION™ HELPS

The Trigger Finger Solution removes the pressure from the affected area thereby allowing you to comfortably resume your daily activities and restoring the fat pad that naturally protects the area. Eventually, you should be able to identify the object that is being gripped or is in contact with this area causing the problem, so that you may either pad the object or grip it differently.

1. Determine your correct size by measuring the circumference between the base of your finger and the PIP joint, much like you would to size a ring.
2. Use the following chart or measuring tape on the right edge of this page to match your measurement to the product size:

1 <sup>3</sup> / <sub>4</sub> " - 2 <sup>1</sup> / <sub>4</sub> "	X-small
2 <sup>1</sup> / <sub>4</sub> " - 2 <sup>1</sup> / <sub>2</sub> "	Small
2 <sup>1</sup> / <sub>2</sub> " - 2 <sup>3</sup> / <sub>4</sub> "	Medium
2 <sup>3</sup> / <sub>4</sub> " - 3"	Large
3" - 3 <sup>3</sup> / <sub>8</sub> "	X-large

3<sup>3</sup>/<sub>8</sub>"

**XL**

3"

**L**

2<sup>3</sup>/<sub>4</sub>"

**M**

2<sup>1</sup>/<sub>2</sub>"

**S**

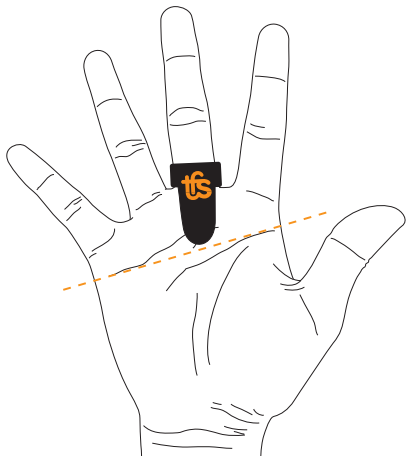
2<sup>1</sup>/<sub>4</sub>"

**XS**

1<sup>3</sup>/<sub>4</sub>"

**TRIGGER FINGER MEASURING TAPE**

0"



3. Once you have determined the size(s) for the locked finger(s), with your palm facing you, turn the trigger finger pad to where the seam is facing the back of your hand, the logo is facing you, and the extended u-shaped padding is pointing down.  
*(see illustration above)*
4. Slide the trigger finger pad down to the base of your finger.
5. The extended padding should rest on your palm.
6. Once the trigger finger is in place, if it feels too snug or your finger starts to discolor, you need to choose a larger size.
7. Refer to illustration above for a precise fit.

**NOTICE:** If the u-shaped padding extends past the dotted line on your palm (see illustration), you may need to trim the padding to ensure an efficient and comfortable fit.

**PRECAUTIONS:** If an open cut or injury is present, do not apply Trigger Finger Solution over the wound. Warmth and perspiration of the skin may be experienced at the location of the padding.

**CLEANING INSTRUCTIONS:** Hand wash with mild soap and water, let air dry.

**MATERIALS:** Blended neoprene rubber and nylon fabric.



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