SelfDecode™

Trigger Finger

DNA Health Report

REPORT CATEGORY

JOINT & TENDON HEALTH

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

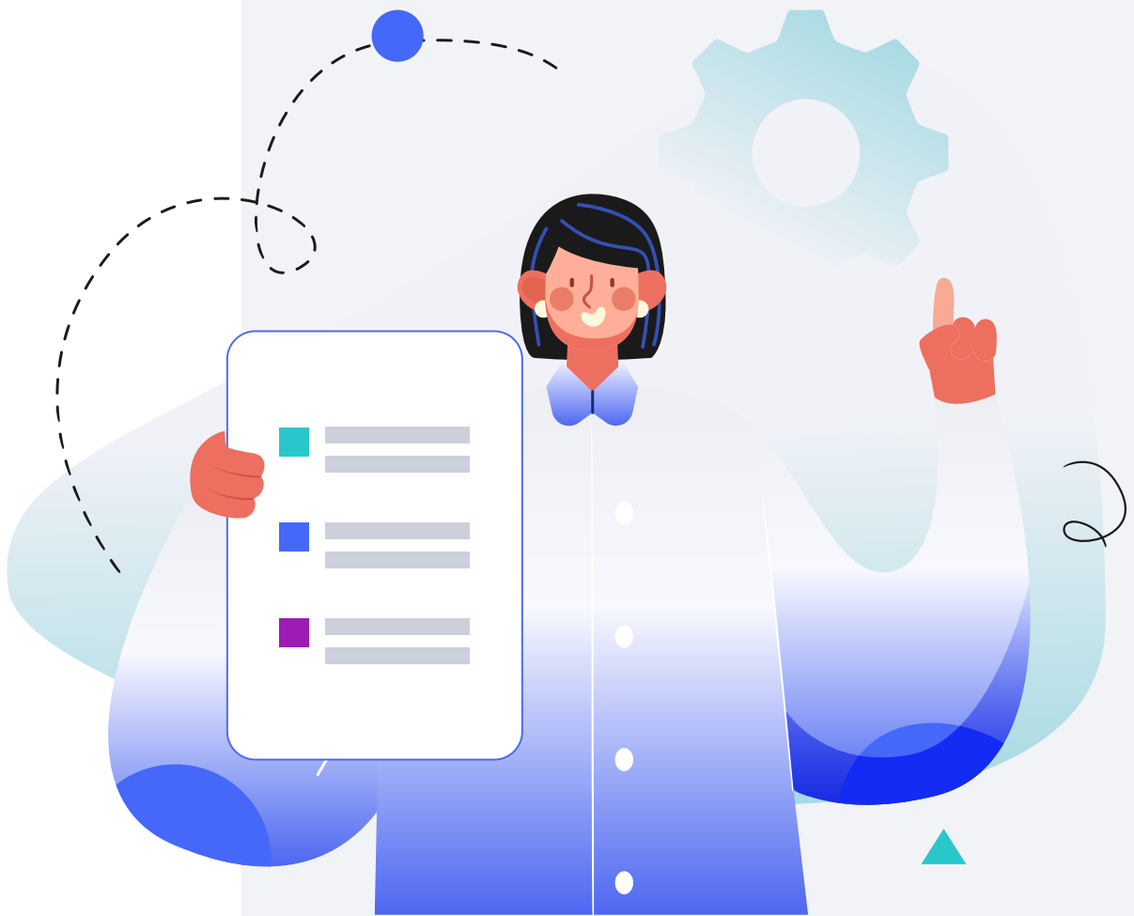
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

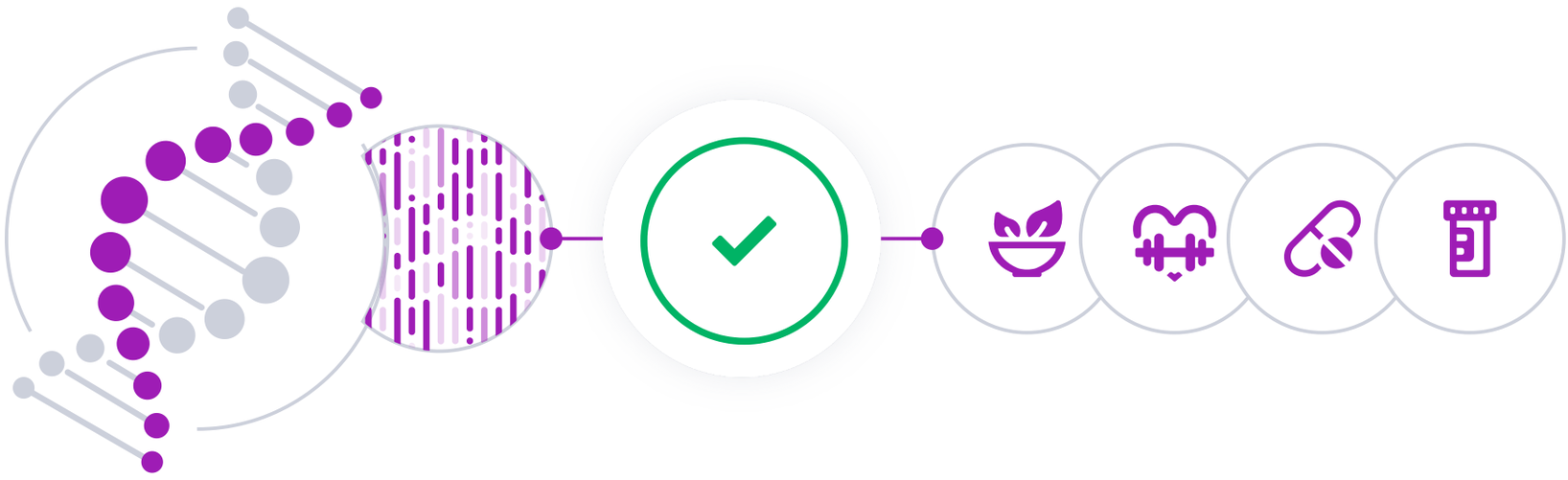


DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

How this works

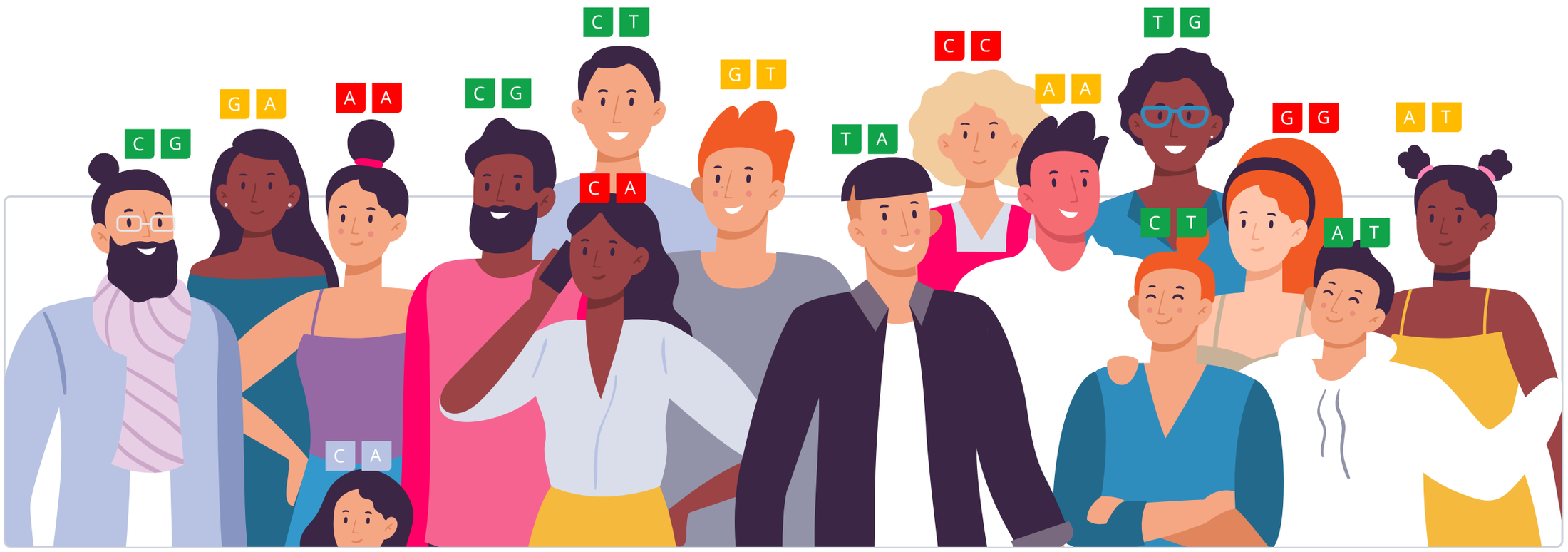
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.

Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

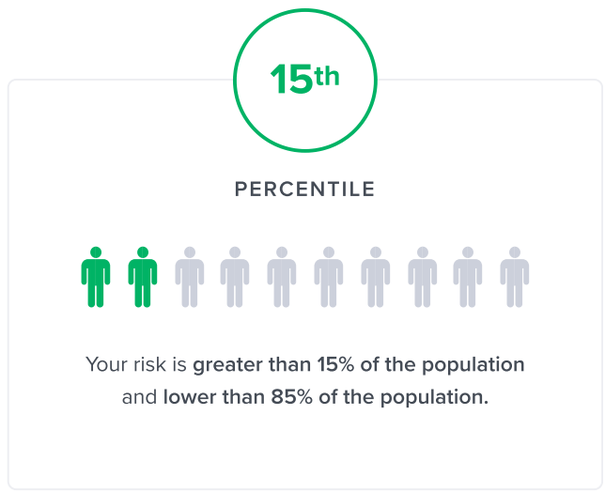
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



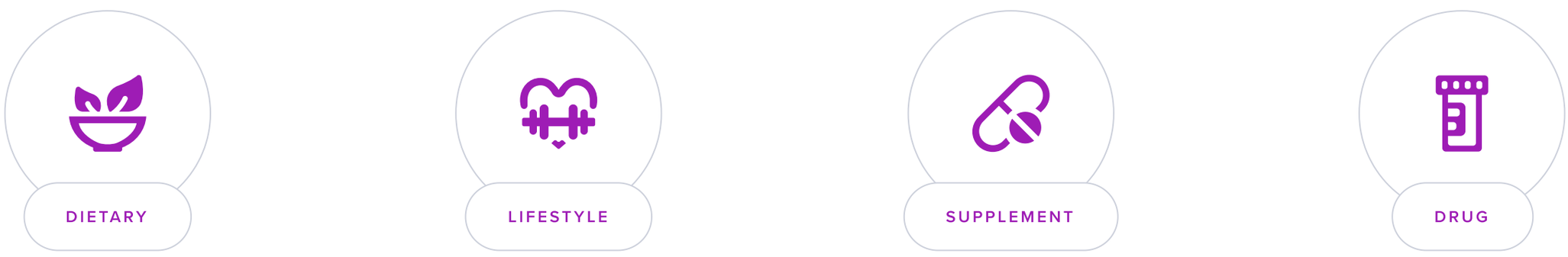
Genotype color info: AA You don't have any risk alleles | AA You have 1 risk allele | AA You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):

Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, afew large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Tendons are cords made of strong tissue. They help attach muscles to bones. Tendons are found in many parts of the body [R, R].

A protective covering surrounds all tendons. If the covering of a finger tendon becomes inflamed, it can interfere with finger movement. This is called **trigger finger** (stenosing tenosynovitis) [R].

As the name suggests, the finger catches or locks in a bent (“trigger”) position in people with this condition [R, R, R].

Some people with trigger finger can’t straighten their finger when it locks. In others, the finger can pop back on its own [R].

Symptoms of trigger finger include [R, R, R]:

- A stiff finger (especially in the morning)
- A clicking sound when the finger moves
- A bump or pain at the base of the finger

These symptoms can worsen over time and can impact multiple fingers [R].

Risk Factors and Treatment

PERSONALIZED TO GENES

Based on the gene variants we looked at, you may be more likely to have trigger finger. However, your lifestyle and environment may also influence your likelihood.

Risk factors for trigger finger include [R, R, R, R, R]:

- Hobbies or jobs that require repetitive hand motions or prolonged gripping
- Some chronic health conditions (e.g., diabetes, rheumatoid arthritis)
- Female sex
- Previous surgery for carpal tunnel syndrome
- **Genetics**

The genes involved in this condition may alter the structure of tendons [R, R].

Treatment for trigger finger can involve [R]:

- Resting the finger
- Finger splints
- Stretching
- Painkillers
- Steroid injections
- Surgery

MORE LIKELY

More likely to have trigger finger based on 3 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TNP1	rs10203066	GG
LTBP3	rs4244811	GA
CENPK	rs2087927	GA
POLE2	rs3218791	GT
/	rs11232681	AG
FTO	rs10521304	TT
NQO1	rs3790086	GC
KLHL1	rs59988404	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE
1	Hot Applications	20 minutes
2	Shock Wave Therapy	
3	Wrist Splints	
4	Manual Joint Mobilization	30 minutes
5	Connective tissue massage	
6	Deep Friction Massage	
7	Physical Therapy	30 minutes
8	Transcutaneous Electrical Nerve Stimulation (TENS)	30 minutes
9	Manual Therapy	

1

Hot Applications

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Apply a hot pack, heating pad, or a warm towel to the affected area for 15-20 minutes at a time. Do this several times a day, especially before activities that increase pain.

TYPICAL STARTING DOSE

20 minutes

Description

The use of hot applications, such as heating pads or warm compresses, can help relieve muscle tension, reduce pain, and improve blood flow to affected areas. It is a common approach for managing muscular discomfort and promoting relaxation.

People use hot applications to relieve pain, improve blood flow, and help muscles relax [R, R].

Types of hot applications include [R, R]:

- Heating pads
- Hot baths
- Saunas

How it helps

Hot applications assist in managing trigger finger by increasing blood flow and reducing stiffness in the tendons, which alleviates pain and promotes flexibility. This therapeutic approach enhances circulation, thereby facilitating healing and decreasing inflammation in the affected area.

2 Shock Wave Therapy

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Schedule and attend sessions for extracorporeal shock wave therapy (ESWT) with a qualified healthcare provider. Typically, treatments may involve 1 to 3 sessions a week over a span of 3 to 4 weeks, depending on the condition being treated and the severity of symptoms.

Description

Extracorporeal shockwave therapy is a medical treatment that uses shockwaves to stimulate healing and reduce pain in various musculoskeletal conditions. It is often used for conditions such as plantar fasciitis and tendinitis.

In extracorporeal shockwave therapy, sound waves are emitted and passed through parts of the body. Doctors use it to help reduce pain and stimulate tissue recovery in people [R, R].

How it helps

In a non-placebo-controlled trial of 40 patients with actively correctable trigger fingers, extracorporeal shock wave therapy was **as effective as corticosteroid injections in terms of cure rates, pain, and functional status** [R].

3 Wrist Splints

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Wear wrist splints during the night while sleeping and during activities that aggravate your wrist pain, such as typing or driving. It is recommended to continuously use these splints for several weeks to notice improvement in symptoms.

Description

Wrist splints are orthopedic devices worn on the wrist to support and immobilize it. They are used for conditions like carpal tunnel syndrome to reduce pain and inflammation by limiting wrist movement.

A wrist splint or brace is a type of soft cast used to hold the hand and wrist in a neutral position. It is used to promote healing and prevent further injury [R].

How it helps

Wrist splints help alleviate trigger finger symptoms by immobilizing the wrist and reducing strain on the flexor tendons, thereby minimizing inflammation and pain associated with tendon irritation.

4

Manual Joint Mobilization

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Schedule a session with a qualified physical therapist who specializes in manual joint mobilization techniques. Initially, aim for 1-2 sessions per week for a duration of 4-6 weeks. During these sessions, the therapist will apply specific hands-on techniques to move your joints through their natural range of motion, aiming to improve flexibility and decrease pain.

TYPICAL STARTING DOSE

30 minutes

Description

Manual joint mobilization is a hands-on physical therapy technique that can help improve joint function, reduce pain, and enhance mobility. It is often used by physical therapists and chiropractors to address musculoskeletal issues.

How it helps

Manual joint mobilization helps alleviate the pain and stiffness associated with trigger finger by enhancing the flexibility of the affected joints, reducing inflammation, and promoting better overall hand function.

5

Connective tissue massage

IMPACT 1 / 5

EVIDENCE 1 / 5

Description

Connective tissue massage focuses on the layers of connective tissues surrounding muscles, bones, and joints. The technique involves firm, flowing strokes to help release tension, reduce pain, and improve flexibility [R].

It's particularly beneficial for those with chronic pain or stiffness, aiming to restore body movement and alleviate discomfort by targeting deeper layers of tissue.

How it helps

Connective tissue massage targets the fascia and surrounding tissues, reducing inflammation and improving blood flow, which may alleviate the tightness around the tendon, thus improving mobility and decreasing discomfort in individuals with trigger finger.

6

Deep Friction Massage

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Schedule an appointment with a skilled physiotherapist experienced in deep friction massage. The therapist will begin with a brief assessment to identify the specific muscle or tendon requiring treatment. During the session, they will apply targeted pressure using their fingers, thumbs, or elbows directly across the affected tissue. The movement is slow and precise, designed to penetrate deeply without sliding on the skin. Throughout the process, the therapist will adjust the pressure based on feedback to ensure effectiveness while maintaining comfort. The technique focuses on breaking down scar tissue and promoting healing in the targeted area.

Description

Deep friction massage is a specific technique within the field of therapeutic massage that targets muscle and tendon injuries. It is designed to promote healing by increasing blood flow and breaking down scar tissue. The massage applies pressure across the grain of muscles and tendons, using deep, penetrating movements. This method is particularly beneficial for chronic muscular pain, tendinitis, and areas with dense scar tissue, helping to restore mobility and relieve discomfort.

How it helps

Deep friction massage aids in alleviating inflammation of the flexor tendons by enhancing blood flow and breaking down scar tissue, which can improve mobility and reduce pain associated with trigger finger.

7

Physical Therapy

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Attend physical therapy sessions 2-3 times per week for a duration of 4-6 weeks, depending on your specific condition and the advice of your healthcare provider. Each session typically lasts about 30-60 minutes, where a licensed therapist will guide you through targeted exercises, stretches, and possibly other treatments like electrical stimulation or ultrasound therapy.

TYPICAL STARTING DOSE

30 minutes

Description

Physical therapy is a therapeutic practice focused on optimizing physical function and mobility through specialized exercises, manual techniques, and therapeutic modalities. It helps individuals recover from injuries, manage chronic conditions, and improve overall physical well-being by enhancing strength, flexibility, and pain management.

Physical therapy (**physiotherapy**) helps people regain or maintain their ability to move [R].

Physical therapy can involve [R]:

- Joint or muscle exercises
- Corrective movements
- Massage
- Education and advice

People mainly use physical therapy to help with [R, R]:

- Pain and injury
- Stroke recovery
- Chronic health conditions
- Headaches

Mirror therapy uses a mirror placed between the arms or legs. The image of a moving arm or leg gives the illusion of normal movement in the affected one. This therapy stimulates different brain regions and aims to improve mobility [R].

Constraint-induced movement therapy is another type of physical therapy. It consists of restraining the healthy leg or arm to increase the use of the affected one [R].

How it helps

Physical therapy for trigger finger aids in reducing inflammation and restoring normal tendon function through targeted exercises and manual therapy, ultimately improving grip strength and flexibility while alleviating pain.

8

Transcutaneous Electrical Nerve Stimulation (TENS)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Apply TENS unit electrode pads around the area in pain; begin with the device set to a low setting and gradually increase intensity to a comfortable level. Use the device for 15-30 minutes per session for pain relief, and it can be used multiple times a day as needed.

TYPICAL STARTING DOSE

30 minutes

Description

TENS is a therapy that uses low-level electrical currents to relieve pain by stimulating the nerves. It's commonly used as a non-invasive method to manage various types of pain, such as musculoskeletal pain or chronic pain conditions.

How it helps

TENS therapy alleviates pain associated with trigger finger by delivering low-level electrical currents that stimulate peripheral nerves, thus interrupting pain signals and promoting endorphin release. This can enhance mobility and reduce discomfort during daily activities.

9

Manual Therapy

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Schedule a session with a certified manual therapist, such as a physical therapist or chiropractor, once a week for at least 3 to 6 weeks. During these sessions, allow the therapist to apply hands-on techniques to manipulate muscles and joints aiming to improve mobility and reduce pain.

Description

Manual therapy encompasses various hands-on techniques used by healthcare professionals, including physical therapists and massage therapists, to alleviate pain, improve mobility, and promote overall musculoskeletal health. It can be effective for addressing a wide range of conditions, from muscle tension to joint disorders.

How it helps

Manual therapy for trigger finger facilitates increased blood flow and reduces adhesions in the affected tendons, enhancing mobility and decreasing pain. By improving tissue health, it helps restore optimal function and prevent further finger flexion impairments.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

Glucose, Fasting	97 mg/dL	55 65 80 95 100 126	9 Nov 2025
HbA1c (%)	4 %	4.3 4.5 5.4 5.6 6.5	29 Dec 2025