



Trigger Finger Release

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Goals of therapy

- Increase digit range of motion
- Prevent scar adhesions
- Increase strength
- Minimize post-operative edema

Days 2-3

- Patient is instructed to remove their post-operative dressings independently. A small band-aid is applied over the incision
- Patient is instructed to begin gentle range of motion of the fingers. Heavy lifting should be avoided

Days 10-14 (first patient post-op visit, with PA)

- Sutures can be removed
- Scar management techniques, including scar massage and silicone gel pad, are initiated at this time if wound is well-healed
- Continue with active range of motion exercises. Emphasis should be on composite digit flexion and “hook fist” position. Intrinsic stretches should be added to home program, as needed. If trigger finger was present for prolonged period of time prior to surgical intervention, careful attention should be paid to MP joint extension
- Begin strengthening with therapy putty, if wounds are well-healed
- One therapy visit for instruction in home program is usually adequate. Patients with diabetes or prolonged trigger finger may require additional therapy visits to regain full range of motion