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Trigger Finger Release

General Guidelines

- Start gentle motion within 1–3 days post-op, unless instructed otherwise by your surgeon.
- Perform 3–5 times daily.
- Do 10 repetitions of each movement.
- Exercises should be pain-free and comfortable. Avoid forcing movement.

Phase 1: Early Motion (Days 1–7)

Goals: reduce swelling, maintain tendon mobility, avoid stiffness

1. Elevation and Ice

- Keep the hand elevated above heart level when resting.
- Ice the palm/hand for 15–20 minutes as needed to control swelling.

2. Tendon Gliding Exercises

Start with fingers straight and move through the following positions:

- Straight Hand (all fingers straight)
- Hook Fist (bend only middle and end joints)
- Full Fist (bend all finger joints)
- Straight Fist (bend middle and end joints, keep knuckles straight)

Perform slowly and smoothly to encourage gliding of the tendon within the sheath.

3. Finger Abduction/Adduction

- Spread your fingers apart, then bring them together.

4. Thumb Opposition

- Touch the tip of the thumb to the tip of each finger (index through pinky), forming an “O” shape.

Phase 2: Progression (Week 2–4)

Goals: regain strength and full function

5. Passive Finger Stretch

- Use the other hand to gently straighten and bend the involved finger to full range.

6. Rubber Band Resistance (if swelling is minimal)

- Place a rubber band around all five fingers and open the hand against resistance.
- Great for improving finger extension.

7. Sponge or Putty Squeezes

- Use a soft ball, therapy putty, or sponge.
- Gently squeeze, hold 3–5 seconds, release.

8. Fine Motor Activities

- Practice buttoning, writing, using zippers, picking up small objects (coins, paper clips).

Dr. Levin will determine the need for formal occupational/hand therapy at 4 weeks postoperatively.

