

## Trigger Finger Release Protocol

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### **Post-Op Weeks 1-2:**

- Continue surgical dressing until clinic visit
- Elevate arm and perform finger ROM exercises frequently to minimize swelling and avoid stiffness
- Avoid finger over-extension and stressing hand incision(s), while promoting soft tissue healing

### **Post-Op Weeks 2-3:**

- Scar management/massage
- Light functional use of hand (eating, typing) with lifting less than 1 lb.
- Light gripping or pinching

### **Post-Op 3-8 Weeks:**

- Progress ROM until within normal limits
- Initiate strengthening program, gradually increased
- Encourage independent and functional use of the hand.