

TRIGGER FINGER RELEASE REHABILITATION PROTOCOL

WEEK 0/Post-Op

- Small dressing

WEEK 1

- Small dressing or Band-Aid
- AROM exercises digits (especially digits involved in TFR)
- Edema control

WEEK 2

- Suture removal
- Initiate scar management (i.e., scar mold, soft tissue mobilization, etc.)
- Initiate desensitization program if needed
- A/AA ROM exercises
- Continue edema control
- Pulsed Ultrasound (if indicated for pain)
- Non-resistive activity

WEEK 3-4

- Initiate light strengthening (putty)
- Initiate Continuous Ultrasound (if indicated for adhesions)

WEEK 4-8

- Progress strengthening as tolerated.
- Continue scar management.

WEEK 8

- Possible discharge to Home Exercise Program for continued:
 - *ROM
 - *Scar management and strengthening to tolerance