

Hand Trigger Finger/Thumb Release Protocol

Phase 1	Surgery to 2 weeks post-op
Appointments	<ul style="list-style-type: none"> • 1x eval and treat
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Suture removal 10 to 14 days postop • Scar massage with vitamin # oil 2 days after suture removal • Use of silicone gel pad for scar remolding as appropriate • Digital compression sleeve for edema management as appropriate • Digital active/passive range of motion with tendon glides in an elevated position actively • Gentle passive digital and wrist flexor stretching • Issue LMB extension splint for fingers if joint flexion contracture is present

Phase 2	4 weeks+ post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Progressive strengthening with foam blocks/putty/hand exerciser