



Trigger Finger Release Rehab Protocol

The surgeon must specify on the referral any specific recommendations or deviations outside this protocol.

Phase I	Phase II
2 Days Post-Op	7-10 Days Post-Op
<p><u>General Information:</u></p> <ul style="list-style-type: none"> -Remove post-op dressings -May shower but no prolonged immersion in water -Use dressings/band-aides as needed to protect incision sites <p><u>Clinical Implications:</u></p> <ul style="list-style-type: none"> -Begin finger ROM -Utilize edema reduction techniques 	<p><u>General Information:</u></p> <ul style="list-style-type: none"> -First MD post-op visit -Sutures removed <p><u>General Precautions:</u></p> <ul style="list-style-type: none"> -Strengthening with theraputty should be used cautiously, if used at all, due to repetition of activity <p><u>Clinical Implications:</u></p> <ul style="list-style-type: none"> -Begin scar management when wounds are healed -Utilize static extension splinting as needed if flexion contractures are present -Continue ROM with home program