

Trigger Finger (Non-Surgical)

****Disclaimer:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Patient can be progressed through phases of protocol more rapidly than time frames given, as tolerated.

Phase I: 0-2 weeks

Goals for Phase I:

1. Swelling and pain control
 2. Functional ROM
 3. Functional strength
- A. Orthotics: Hand based trigger finger splint to prevent MCP flexion
 - B. ROM: Work to restore A/PROM, normalize flexibility
 - C. Strengthening: Start with AROM, ease into PRE's, progress as tolerated
 - D. Functional activities: Use hand for ADL's as tolerated
 - E. Soft tissue management: trigger point massage, swelling control, desensitization
 - F. Modalities: utilize for pain, inflammation (US)
 - G. Functional Activities: use hand for ADL's as tolerated

Phase II: 2-4 weeks

Goals for Phase II:

1. Normal strength
 2. Return to work
- A. Continue strengthening/conditioning/functional activities as needed (home exercise program)