

Trigger Finger Release (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: 0-3 weeks

Goals for Phase I:

1. Swelling and pain control
 2. Functional ROM
 3. Functional strength
- A. Orthotics: Pt. seen 1 wk post –op: surgical dressing removed , wrist splint used for rest, protection, and swelling control.
- B. ROM: Work to restore full A/PROM, normalize flexibility.
- C. Strength: Start with AROM, ease into PRE's, progress as tolerated.
- D. Functional activities: Use hand for ADL's as tolerated.
- E. Soft tissue management: Swelling control, desensitization.
- F. Modalities: Utilize for pain, inflammation, swelling control and muscle re-education as necessary.

Phase II: 3-6 weeks

Goals for Phase II:

1. Normal ROM
 2. Normal strength
 3. Return to work/sports
- A. Continue strengthening/conditioning/functional activities as needed.