

Trigger Finger Release Surgery

Trigger Finger Release is performed for:

1. Inflammation of the flexor tendon, resulting in locking (triggering) of the affected finger/thumb when flexing then extending the finger.

Rehabilitation Protocol for Trigger Finger Release

Some of the hand therapy terms may be unfamiliar to you now. They will become clear as you work with your hand therapist.

Time after surgery	Hand therapy/Support
Day 1 to 2 weeks	<p>During the first two weeks you can expect to:</p> <ul style="list-style-type: none"> • initiate wound / oedema management with the hand therapist • commence early tendon gliding exercises for the fingers and thumb within pain limits • complete range of motion exercises of the hand, wrist and forearm • sutures will standardly be removed by the hand therapist between 10-14 days <p><i>Avoid heavy repetitive use / excessive movement, and keep wound dry from sweat and external moisture</i></p>
2 to 4 weeks	<p>During the next 4 weeks, you will:</p> <ul style="list-style-type: none"> • continue wound / oedema management with hand therapist advice • commence scar management / desensitisation • progress exercise program to include passive range of motion if needed • commence gentle strengthening exercises if pain is minimal • gradually upgrade functional use as tolerated <p><i>Avoid lifting, grasping or gripping heavy objects repetitively</i></p>
6 to 12 weeks	<p>During the next 6 weeks, you can expect to:</p> <ul style="list-style-type: none"> • hand therapist to evaluate grip and pinch strength • resume normal activities as tolerated • gradually increase strengthening, keeping progress pain free with easy and good quality movement

Milestones for Trigger Finger Release

Time after surgery	What you can expect
Week 1-3	Full range of motion, flexion/extension, and rotation No more triggering in the effected finger Pain free, return to driving and working
Week 3-6	>90% strength and function in comparison to opposite Return to normal function

Return to functional activities

Activity	When you can expect to be able to do the activity
Return to work	2-4 weeks (light duties as tolerated) 4-10 weeks (heavier manual duties as tolerated)
Driving	2-4 weeks as tolerated
Swimming	2-3 weeks as tolerated and once the wound has healed
Lifting	Avoid lifting heavy items for 4-6 weeks post operation
Golf	6 weeks
Return to usual functional ability	6-12 weeks