

## **Trigger Finger Postop Rehab Protocol**

**Dr. Nielsen**

### 0-2 weeks

- Bulky post-op dressing for 3 days
- Early finger active and passive ROM encouraged
- Elevation with hand above elbow and heart
- Sutures out at 10-14 days
- No lifting over 5 lbs

### 2-4 weeks

- Scar mobilization and desensitization exercises may start 3 days after suture removal
- ROM:
  - Aggressive finger full ROM
  - Passive motion with therapy if needed
- Putty or stress ball for strengthening with full ROM

### 4+ weeks

- No restrictions
- Aggressive strengthening ok if desired