

UVA HAND CENTER - THERAPY

Trigger Finger Release Guidelines

1ST Post-Op Visit (3-5 days)

- *Initial Visit with OT/PT:*
 - Therapist removes post-op dressing – wound check
 - Application of sterile dry dressing (remain over incision at all times until suture removal)
 - Edema management
 - Instruct patient on A/PROM exercises
 - Instruct on tendon gliding exercises

2nd Post-Op Visit (10-12 days)

- *Surgical follow-up visit with attending surgeon*
 - Sutures removed
 - New sterile dressing applied
- *Therapy follow-up*
 - Instruct on scar management techniques (scar mobilization, desensitization, issue cica care)
 - Review ROM program

3rd Post-Op Visit (3 weeks)

- *Therapy Visit*
 - Insure proper wound healing, scar mobility, AROM
 - Begin gentle grip/pinch strengthening exercises (theraputty)