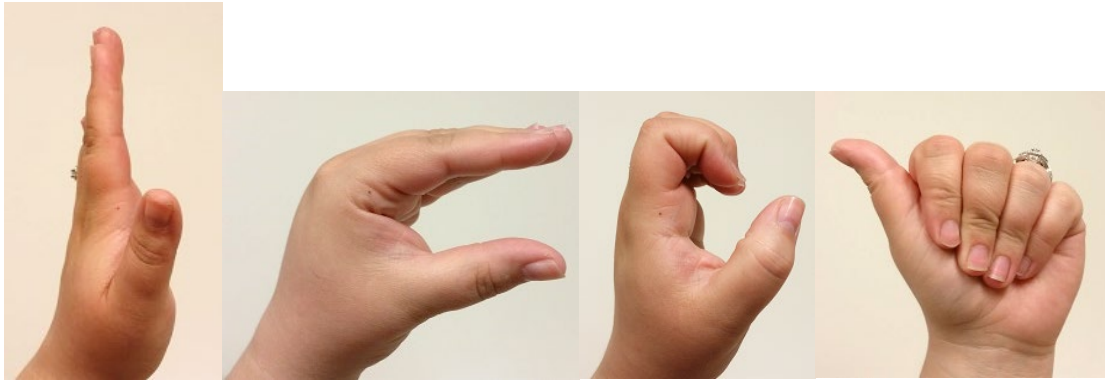


Trigger Finger – Non-Operative

Tendon Gliding Exercises



1. Straight

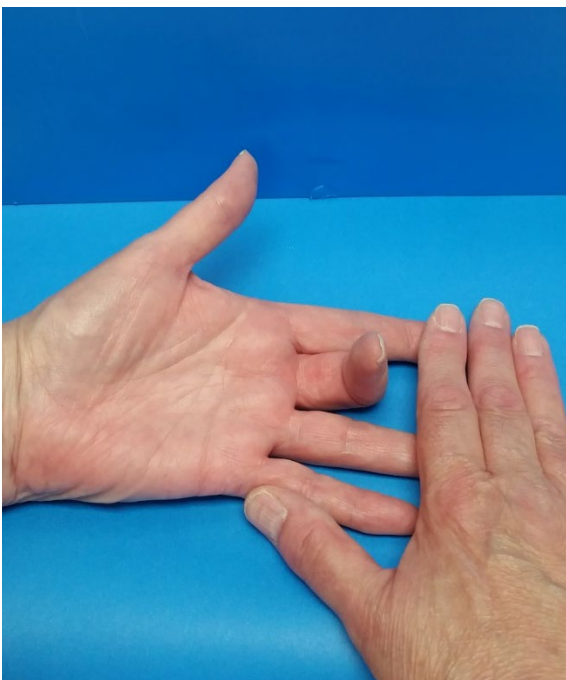
2. Salute

3. Hook

4. Straight Fist

Always return to straight after each exercise

Repeat 8 – 10 times, 3 – 4 times per day.

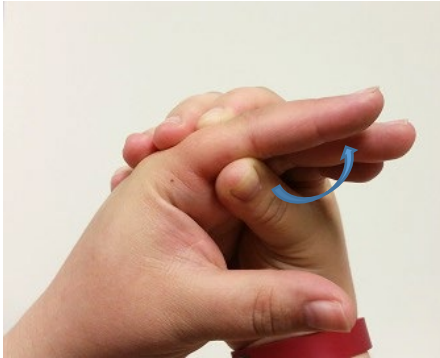


5. FDS Gliding

Hold fingers as shown. Bend the involved finger at the middle joint (PIP joint), hold for 5 seconds, and then straighten the finger.

Repeat 8 – 10 times, 3 – 4 times per day.

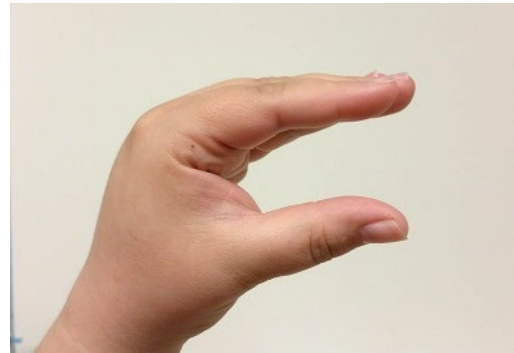
Active Finger Extension Exercises



1. Blocked PIP Extension

Holding involved finger with uninvolved hand, straighten finger fully, focusing on extension at middle joint – hold for a few seconds.

Repeat 8 – 10 times, 3 – 4 times per day.



2. Salute

Bend fingers at large joints as far as possible, keeping middle and distal joints straight, then return to starting position.

Repeat 8 – 10 times, 3 – 4 times per day.



3. Finger Extension

With your hand and fingers resting on the table, lift all fingers up, while keeping your hand flat.

Repeat 8 – 10 times, 3 – 4 times per day.



4. Individual Finger Extension

With your hand and fingers resting on the table, lift each finger individually, while keeping your hand flat.

Repeat 8 – 10 times, 3 – 4 times per day