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.

Discontinue exercises and consult with a medical professional if any discomfort is experienced.
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.

Discontinue exercises and consult with a medical professional if any discomfort is experienced.