

Trigger Finger

What are some exercises that will help?

Begin by doing exercise 3-5 times per day. Gradually increase to once every hour.

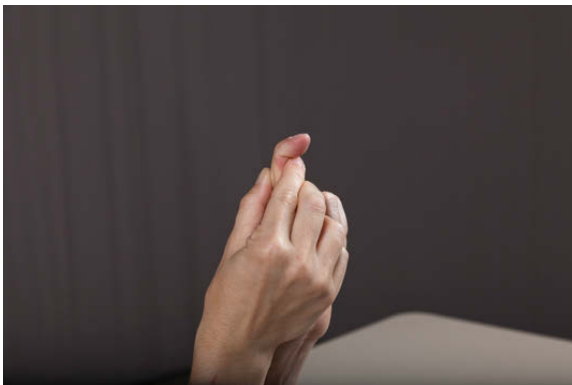
PASSIVE WRIST STRETCHING

Start with your palms together in front of your chest just below your chin. Slowly lower your hands toward your waistline, keeping your hands close to your stomach and your palms together until you feel a mild to moderate stretch in your wrist and fingers. Hold this stretch for 10 seconds.



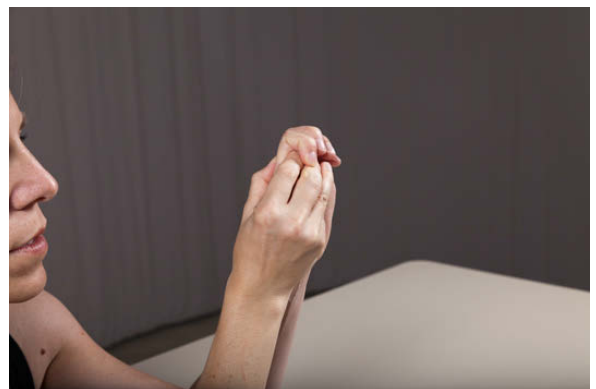
FINGER TIP BENDING

Support your finger just below the tip. Bend the tip of your finger while keeping the rest of the finger straight. Repeat hourly, do 3-5 repetitions.



BENDING TIP AND MIDDLE JOINT OF FINGER

Hold big knuckle straight while bending tip and middle joint of finger. (Avoid “triggering or locking”) Repeat hourly, do 3-5 repetitions.



Consult with your physical or occupational therapist or doctor if you experience an increase in your symptoms with recommended exercises, or if you develop new symptoms of numbness, tingling, or a spread of the pain. This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.