

Hand Exercises After Trigger Finger Surgery

Hand Exercises After Trigger Finger Surgery: Your Guide to Recovery

Introduction:

Experiencing the debilitating effects of trigger finger is frustrating enough. Undergoing surgery to correct the condition adds another layer of challenge. But regaining full hand function isn't just about the surgery itself; it's about the diligent rehabilitation that follows. This comprehensive guide provides a detailed roadmap of hand exercises after trigger finger surgery, helping you navigate your recovery and regain strength, flexibility, and dexterity. We'll cover the different phases of recovery, the specific exercises recommended by hand therapists, and crucial tips for maximizing your results. By following this plan, you can confidently look forward to a full return to your normal activities.

Chapter 1: Understanding the Post-Surgical Healing Process

Trigger finger surgery aims to release the constricted tendon sheath causing the finger to lock or catch. The immediate post-operative period involves managing pain and swelling. Your surgeon will likely provide a splint or brace to immobilize your finger and prevent excessive movement during the initial healing phase. This period typically lasts several weeks, allowing the incision to heal and the tendon to begin its repair process. During this time, minimal movement is crucial to prevent complications. Ice packs and elevation can significantly reduce swelling and discomfort. Pain management medication, prescribed by your doctor, will help control post-operative pain. This phase is all about setting the stage for the active rehabilitation that will follow.

Chapter 2: Early Stage Exercises (Weeks 2-6): Gentle Movement and Range of Motion

Once the initial healing phase subsides (usually after 2-6 weeks, depending on your surgeon's instructions), your therapist will introduce gentle range-of-motion exercises. These are crucial for preventing stiffness and scar tissue formation. Early exercises typically involve:

Finger flexion and extension: Gently bend and straighten your affected finger, moving it through its full range of motion within the limits of comfort and your splint/brace (if still in use). Start with small movements and gradually increase the range as tolerated.

Wrist flexion and extension: Move your wrist up and down, focusing on gentle, controlled movements. This helps maintain flexibility in the entire hand and forearm.

Thumb opposition: Gently touch your thumb to each fingertip, then bring it back to the starting position. This exercise improves dexterity and coordination.

Squeeze exercises: Start by squeezing a soft object like a putty or stress ball, working on improving grip strength, gradually increasing the intensity and duration as your hand strengthens.

Chapter 3: Intermediate Stage Exercises (Weeks 6-12): Strengthening and Functional Activities

As your finger heals and strengthens, the focus shifts to improving grip strength and functional activities. Exercises during this phase might include:

Progressive resistive exercises: Use resistance bands or therapy putty to provide resistance as you bend and straighten your finger. Gradually increase the resistance as your strength improves.

Fingertip-to-thumb exercises: Engage in more challenging dexterity activities like picking up small objects (buttons, beads).

Pinch grip exercises: Practice pinching objects of varying sizes and weights to strengthen the muscles involved in precise movements.

Functional activities: Gradually incorporate activities of daily living, such as writing, buttoning clothes, or using utensils. Start with short durations and gradually increase the time as your comfort allows.

Chapter 4: Advanced Stage Exercises (Weeks 12+): Fine Motor Skills and Return to Full Activity

After several months, you should have regained most of your range of motion and strength. The focus now shifts to fine motor skills and a full return to your pre-surgery activities. This may include:

Advanced dexterity exercises: Activities like playing the piano, knitting, or other hobbies requiring precise hand movements.

Strengthening exercises with heavier weights or resistance: Progress to more challenging exercises to further enhance strength and endurance.

Work-related activities: If your job requires specific hand movements, gradually reintegrate these tasks, starting with shorter durations and gradually increasing the time as tolerated.

Sports and recreational activities: Return to activities such as playing sports or engaging in hobbies that involve hand use.

Chapter 5: Preventing Recurrence and Maintaining Hand Health

Even after a successful recovery, it's crucial to prevent recurrence and maintain the health of your hand. This includes:

Regular stretching: Continue to perform gentle range-of-motion exercises regularly to maintain flexibility and prevent stiffness.

Strength training: Maintain a regular strength training routine to prevent muscle weakness and maintain hand strength.

Ergonomic practices: Ensure your workspace is ergonomically sound to prevent repetitive strain injuries.

Listen to your body: Pay attention to any pain or discomfort and avoid overexertion.

Sample Rehabilitation Plan Outline:

Name: Post-Trigger Finger Surgery Rehabilitation Plan

Introduction: Overview of the healing process and importance of rehabilitation.

Phase 1 (Weeks 1-4): Pain management, immobilization, and minimal movement.

Phase 2 (Weeks 4-8): Gentle range-of-motion exercises, focusing on flexion and extension.

Phase 3 (Weeks 8-12): Strengthening exercises, incorporating resistance bands and therapy putty.

Phase 4 (Weeks 12+): Functional activities, dexterity exercises, and return to normal activities.
Conclusion: Emphasis on long-term maintenance and prevention of recurrence.

(Detailed explanation of each point in the outline is included above in the main body of the article.)

FAQs:

1. How long does recovery from trigger finger surgery take? Recovery time varies but generally ranges from several weeks to several months.
2. When can I start driving after trigger finger surgery? This depends on your surgeon's recommendation and your individual progress. It's typically several weeks after surgery.
3. What should I do if I experience excessive pain during exercises? Stop the exercise immediately and consult your doctor or therapist.
4. How often should I perform these exercises? Aim for several sessions per day, starting with shorter durations and gradually increasing as tolerated.
5. Can I use a heating pad to relieve pain? Generally, ice is better for initial post-operative swelling. Heat can be used later in the recovery process to manage stiffness.
6. Are there any exercises I should avoid after surgery? Avoid any exercises that cause significant pain or discomfort. Your therapist will guide you on appropriate exercises.
7. When can I return to work? This depends on the nature of your work. Your doctor or therapist can provide guidance on a safe return-to-work plan.
8. Will I regain full function after surgery? Most people regain nearly full function, though some residual stiffness or mild weakness may persist.
9. What happens if my trigger finger returns? Recurrence is possible, although not common. Further surgery or other treatment options may be considered.

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for better comprehension of trigger finger.

8. Common Complications of Trigger Finger Surgery: Possible complications to be aware of during recovery.

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hand exercises after trigger finger surgery: *Rehabilitation of the Hand and Upper Extremity* Terri M. Skirven, 2010 With the combined expertise of leading hand surgeons and therapists, *Rehabilitation of the Hand and Upper Extremity*, 6th Edition, by Drs. Skirven, Osterman, Fedorczyk and Amadio, helps you apply the best practices in the rehabilitation of hand, wrist, elbow, arm and shoulder problems, so you can help your patients achieve the highest level of function possible. This popular, unparalleled text has been updated with 30 new chapters that include the latest information on arthroscopy, imaging, vascular disorders, tendon transfers, fingertip injuries, mobilization techniques, traumatic brachial plexus injuries, and pain management. An expanded editorial team and an even more geographically diverse set of contributors provide you with a fresh, authoritative, and truly global perspective while new full-color images and photos provide unmatched visual guidance. Access the complete contents online at www.expertconsult.com along with streaming video of surgical and rehabilitation techniques, downloadable patient handouts, links to Pub Med, and more. The 6th Edition of this classic text combines the expertise of hand surgeons and hand therapists to detail the pathophysiology, diagnosis, and management of hand and upper extremity disorders. This comprehensive resource covers the entire upper extremity, with increased coverage of wrist, elbow and shoulder problems.

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hand exercises after trigger finger surgery: *Exercises for Arthritis* Erin O'Driscoll, John D. Md Hubbell, Peter Field Peck, 2004 More than 70 million Americans suffer from some type of arthritis. Contrary to popular belief, the condition doesn't just affect senior citizens: over half of those with arthritis are under 65, and some types affect twenty-somethings, teens, and even children. The one thing these people have in common? Over half the Americans with arthritis think that nothing can be done to help their condition. Now, noted exercise physiologist Erin O'Driscoll brings help to arthritis sufferers everywhere with her new book EXERCISES FOR ARTHRITIS (A Safe and Effective Way to Increase Strength, Improve Flexibility, Gain Energy, and Reduce Pain). Studies have shown that exercise reduces the joint pain and stiffness that come along with arthritis, and that's not the only way it helps: exercise also increases muscle strength, flexibility, and endurance, while helping to take off extra pounds that put pressure on joints. No matter the type of arthritis, EXERCISES FOR ARTHRITIS has an exercise that will help. From isometric exercises that build strength without stressing joints to cardiovascular workouts for improved heart health and weight loss, EXERCISES FOR ARTHRITIS covers all the bases to help people with arthritis reduce pain, improve mobility, and increase strength. Easy-to-follow photographs illustrate each exercise, making the routines simple even for those who have been sedentary for years. EXERCISES FOR ARTHRITIS is more than a workout guide. It contains valuable information for anyone affected by arthritis, from an overview of the different types of arthritis and the latest research to discussions of popular treatment methods and medications. It also offers more important to people with arthritis:

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hand exercises after trigger finger surgery: Wide Awake Hand Surgery Donald Lalonde, 2016-01-27 Wide awake hand surgery (WALANT) represents a breakthrough in surgery of the hand and upper extremity. It can be performed with no preoperative testing, no intravenous insertion, and no monitoring. Like a dental procedure, the patient simply gets up and goes home after the procedure. Presented in an easy-to-read, bullet-point format, Wide Awake Hand Surgery guides surgeons through all aspects of WALANT. The book covers a wide variety of topics including minimal pain injection of local anesthesia, nerve and tendon decompression, wrist surgery, repair of lacerated tendons, tendon transfers, finger fractures, lacerated nerves, metacarpal fractures, arthritis surgery and complex reconstructions in hand surgery. The book includes more than 150 step-by-step surgical and instructional videos as well as numerous color clinical photographs. Color drawings clearly guide the surgeon to the correct anatomic locations for anesthetic injections, and the book includes an atlas of tumescent local anesthesia distribution anatomy. Featuring a complimentary eBook, this valuable resource offers chapters written by worldwide experts, making it the definitive guide to wide awake hand surgery.

hand exercises after trigger finger surgery: *Hand and Wrist Rehabilitation* Grégory Mesplé, 2015-05-06 This work demonstrates that hand and wrist rehabilitation calls for precise anatomical, biomechanical, and physiological expertise, as well as mastery of manual techniques and targeted physiotherapy. Particular attention is given to the complementarity between theoretical knowledge and practical aspects; accordingly, refreshers on the underlying theory; descriptions of the rehabilitation protocols and the specific manual and instrumental techniques; and the type of orthosis used depending on the delay of healing are provided for each pathology. This publication will appeal to a broad readership, from physiotherapists and occupational therapists, to surgeons and practitioners specialized in physical rehabilitation, to students in the fields of physiotherapy and occupational therapy.

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hand exercises after trigger finger surgery: Rehabilitation of the Hand and Upper Extremity, E-Book Terri M. Skirven, A. Lee Osterman, Jane Fedorczyk, Peter C. Amadio, Sheri Felder, Eon K Shin, 2020-01-14 Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity, Rehabilitation of the Hand and Upper Extremity helps you return your patients to optimal function of the hand, wrist, elbow, arm, and shoulder. Leading hand surgeons and hand therapists detail the pathophysiology, diagnosis, and management of virtually any disorder you're likely to see, with a focus on evidence-based and efficient patient care. Extensively referenced and abundantly illustrated, the 7th Edition of this reference is a must read for surgeons interested in the upper extremity, hand therapists from physical therapy or occupational therapy backgrounds, anyone preparing for the CHT examination, and all hand therapy clinics. - Offers comprehensive coverage of all aspects of hand and upper extremity disorders, forming a complete picture for all members of the hand team—surgeons and therapists alike. - Provides multidisciplinary, global guidance from a Who's Who list of hand surgery and hand therapy editors and contributors. - Includes many features new to this edition: considerations for pediatric therapy; a surgical management focus on the most commonly used techniques; new timing of therapeutic interventions relative to healing characteristics; and in-print references wherever possible. - Features more than a dozen new chapters covering Platelet-Rich Protein Injections, Restoration of Function After Adult Brachial Plexus Injury, Acute Management of

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Rebecca Saunders, Romina Astifidis, Susan L. Burke, James Higgins, Michael A. McClinton, 2015-11-19 Blending the latest technical and clinical skills of hand surgery and hand therapy, *Hand and Upper Extremity Rehabilitation: A Practical Guide*, 4th Edition walks you through the treatment of common medical conditions affecting the upper extremities and highlights non-surgical and surgical procedures for these conditions. This expanded fourth edition presents the latest research in hand and upper extremity rehabilitation and provides the purpose and rationale for treatment options. Clinical outcomes included in each chapter relate clinical expectations to the results of clinical research trials, providing you with the expected range of motion and function based on evidence in the literature. Highly structured organization makes information easy to find, allowing the text to function as a quick reference in the clinical setting. Contributors from a variety of clinical settings like hand therapy clinics, hospitals, and outpatient clinics means you get to learn from the experience of clinicians working in diverse clinical contexts like yourself. Over 400 line drawings and clinical photographs delineate important concepts described in text. Chapters divided into eight parts - Wound Management, Nerve Injuries, Tendon Injuries, Shoulder, Elbow, Wrist and Distal Radial Ulnar Joint, Hand, and Special Topics - so information can be located quickly. 51 leading experts offer fresh insight and authoritative guidance on therapeutic approaches for many common diagnoses. Treatment guidelines presented for each stage of recovery from a wide range of upper extremity conditions. NEW! Authoritative quick reference guide to surgical and non-surgical procedures for hand and all upper extremity conditions. NEW! Updated information and references offers the latest information and research in the areas of hand and upper extremity rehabilitation. NEW! Larger trim size and new design accommodates a two-column format that is easier to follow.

hand exercises after trigger finger surgery: Cooper's Fundamentals of Hand Therapy

Christine M. Wietlisbach, 2019-11-03 Written for hand therapy specialists and non-specialists, *Cooper's Fundamentals of Hand Therapy*, 3rd Edition emphasizes treatment fundamentals, and provides tips and guidelines for hand therapy practice. This easy-to-use illustrated text and reference guide helps further develop your clinical reasoning skills by describing what goes into the evaluation process, highlighting the humanistic side of each encounter through case studies, and providing the wisdom the contributing authors have acquired through years of practice. This new edition also features additional chapters on the use of common physical agents and orthoses, plus added content on how to integrate evidence-based findings into daily hand practice. - UPDATED! Chapter covering Orthoses Essential Concepts reflects the latest information in the field. - Case studies with questions and resolutions help you develop strong clinical reasoning skills while presenting the human side of each client encounter. - Special features sections such as Questions to Discuss with the Physician, What to Say to Clients, Tips from the Field, and more help you find your own clinical voice. - Anatomy sections throughout text highlight important anatomical bases of dysfunctions, injuries, or disorders. - Clinical Pearls highlight relevant information from an experienced author and contributors that you can apply to clinical practice in the future. - Evaluation Techniques and Tips help you master appropriate and thorough clinical evaluation of clients. - Diagnosis-specific information in the final section of the book is well-organized to give you quick access to the information you need. - NEW! Chapter covering Physical Agent Modalities helps you understand how to use common hand therapy tools. - NEW! Evidence-Based Practice content outlines how to closely examine evidence and integrate it into daily hand therapy practice. - NEW! Photos and illustrations throughout provide clear examples of tools, techniques, and therapies.

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Brad Walker, 2013-03-26 An updated edition of the best-selling guide on the science of effective stretching—with detailed anatomical illustrations and guidance on proper form, sports injury recovery, and more The multiple stresses of contemporary life—whether from excessive sports play, overwork, or overuse of technology—are increasingly taking a toll on the body. Symptoms range from muscle soreness and pain to pinched nerves to potentially more permanent disabilities, including serious body injuries. One safe, quickly productive way to address the problem is through a simple therapy that can be done anywhere, anytime, and without special equipment: stretching. This new edition of Brad Walker's best-selling book on the subject presents 135 unique stretching exercises designed to help repair the body and make it more flexible, fit, and relaxed. Organized by body part, The Anatomy of Stretching presents stretching exercises in a uniform style accompanied by full-color anatomical illustrations. Equally useful for fitness fans, pro or amateur athletes, coaches and personal trainers, and healthcare practitioners, this new edition contains: • Step-by-step instructions for 20 new stretches • An expanded physiology and anatomy information • A revised numbering system that makes the stretches easier to reference • An expanded appendix with more resources on stretches for athletes and sports injuries Also featuring detailed descriptions of important principles of anatomy and physiology, The Anatomy of Stretching, Second Edition is the ultimate guide to improving flexibility, increasing strength, and relieving pain through stretching.

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hand exercises after trigger finger surgery: *Trigger Point Dry Needling* Jan Dommerholt, PT, DPT, MPS, Cesar Fernandez de las Penas, 2013-01-15 This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point ((TrP) dry needling. It provides a detailed and up-to-date scientific perspective against which TrP dry needling can be best understood. The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena, safety and hygiene, the effect of needling on fascia and

connective tissue, and an account on professional issues surrounding TrP dry needling. The second section includes a detailed and well-illustrated review of deep dry needling techniques of the most common muscles throughout the body. The third section of the book describes several other needling approaches, such as superficial dry needling, dry needling from a Western Acupuncture perspective, intramuscular stimulation, and Fu's subcutaneous needling. Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling. First book of its kind to include different needling approaches (in the context of evidence) for the management of neuromuscular pain conditions Highlights both current scientific evidence and clinicians' expertise and experience Multi-contributed by a team of top international experts Over 200 illustrations supporting the detailed description of needling techniques

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hand exercises after trigger finger surgery: Scaphoid David J. Slutsky, Joseph F Slade, III, 2011-01-01 The Scaphoid brings together in one definitive reference every aspect of carpal scaphoid injury treatment. Featuring insights from pioneers in the field, its comprehensive coverage extends from standard open procedures to state-of-the-art percutaneous methods and mini-incision techniques. Each chapter covers a different procedure, beginning with a discussion of relevant anatomical considerations, indications, contraindications, and potential outcomes. The expert authors then present step-by-step demonstrations of each surgical approach complemented by clearly labeled illustrations that help readers to visualize the specific procedure while reinforcing their understanding of the basic principles of scaphoid fracture fixation. Features Comprehensive information on arthroscopic bone grafting, vascularized grafts, salvage procedures, the various types of implants, and much more 600 vivid illustrations -- including 300 in full-color -- enhance the text Concise, narrated videos on an accompanying Thieme MediaCenter web page demonstrate procedures described in the book, including percutaneous, mini-open and arthroscopic assisted scaphoid screw insertion, volar and dorsal vascularized scaphoid bone grafts, and more This highly practical clinical reference is an indispensable resource for every resident, fellow, or clinician in hand surgery, orthopedic trauma surgery, or plastic surgery.

hand exercises after trigger finger surgery: The Yass Method for Pain-Free Movement Mitchell Yass, Dr., 2018-05-01 Chronic pain has become an international epidemic—an estimated one billion people across the world suffer every day. Dr. Mitchell Yass, author of The Pain Cure Rx, presents an alternative model of treatment that can resolve pain quickly and effectively without surgery or medication. In his more than 25 years of clinical experience, Dr. Yass has found that about 90 percent of chronic pain that is attributed to structural problems (e.g., herniated disc, stenosis, or arthritis) is actually caused by a muscular weakness or imbalance—all of which stems from the muscles' inability to respond to the forces created while performing everyday functional tasks. In The Yass Method for Pain-Free Movement, Dr. Yass focuses on enabling you to perform necessary and normal functional tasks without pain or discomfort. From daily life at home to work to play to travel to sleep, Dr. Yass identifies and provides easy-to-do stretches and exercises for the muscles that you need to strengthen and keep balanced for a satisfying, pain-free life.

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the Upper Extremity: A Practical Guide by Drs. Katherine Schofield and Deborah Schwartz is a unique guide that illustrates orthotic design and fabrication in a clear step-by-step fashion by presenting printed textual material along with instructional videos. The first chapters lay the foundation for orthotic design and detail the anatomical knowledge and background information that is required before molding orthoses on clients. Each chapter explores a specific part of the upper extremity, describes several common clinical diagnoses, and highlights typical orthoses that might be utilized to immobilize and protect it. Together, these chapters communicate core, foundational knowledge for the use of orthoses as an intervention in occupational therapy practice. The instructional videos also emphasize the application of biomechanical, anatomic, and clinical constructs in orthotic design, fabrication, and evaluation. The textbook and video content work together enabling students and entry-level practitioners to learn with visual and versatile resources. University faculty members will gain access to ample activities and exercises to augment their classroom and laboratory teaching. This allows for more efficient use of time and appeals to the learning styles of current and future students. This text includes: Chapters devoted to specific type of orthosis for parts of the upper extremity linked to step-by-step instructional videos Case studies to promote a grasp of the knowledge and application to the development of clinical reasoning skills Multiple choice and short answer review questions and activities for most chapters Presentation of current evidence to support the use of the specific orthoses in clinical practice Patterns that can be replicated and check out sheets to critique each orthosis The combination of text materials and instructional video material makes Orthotic Design and Fabrication for the Upper Extremity: A Practical Guide a uniquely valuable resource for occupational therapy students, new graduates, and novice clinicians.

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