

Trigger Finger/A1 Pulley Release and/or Partial Tendon Excision of Finger (Post Surgical)

Dr. Staiger

*Schedule OT 2-5 days post-op of more than 1 finger or if ordered by doctor.

Time Frame	Treatment	Goals
Phase I Post-Op Day 1-3	<ul style="list-style-type: none"> • Evaluate and Treat. • Dressing change and check for signs/symptoms of infection. • Assess active range of motion. • Instruct client in edema management. • No orthosis is needed unless ordered. • Instruct in AROM exercises including isolated blocking exercises of PIP joint and DIP joint into flexion/extension, tendon-gliding exercises, and wrist AROM. • Instruct in gentle, pain free passive flexion/extension. 	<ul style="list-style-type: none"> • Edema control • Pain management • ROM
Phase II 10-14 Days	<ul style="list-style-type: none"> • Follow up with same day or 3 days/the following week after next doctor visit. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). • Continue to see if ordered or needed. 	<ul style="list-style-type: none"> • Scar management • Continued ROM
Phase III 3 Weeks	<ul style="list-style-type: none"> • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). <ul style="list-style-type: none"> ○ May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. 	<ul style="list-style-type: none"> • Continued edema control and pain and scar management • Functional ROM