

Trigger release

Dr. Widstrom

❖ OT is not routinely scheduled

Time Frame	Treatment	Goals
Post-Op Day: Initial visit	<ul style="list-style-type: none"> ● Evaluate and Treat ● Remove dressings and instruct patient on dressing changes at home ● Assess AROM ● Instruct patient in edema management. ● No splint 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 management ● HEP ● ROM
Phase I: 10-14days post-op	<ul style="list-style-type: none"> ● Follow up with patient same day or 3 days after next doctor visit ● Scar management techniques 	<ul style="list-style-type: none"> ● ROM ● Scar management ● Edema Management
Phase II : 3-4 weeks post op	<ul style="list-style-type: none"> ● May use modalities as indicated <ul style="list-style-type: none"> ○ (ultrasound typically not done until 4 weeks post-op) ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated 4 weeks. 	<ul style="list-style-type: none"> ● ROM ● Scar management