# TRIGGER FINGER OR THUMB REHAB

Created by Barnstaple Alliance Primary Care Network Mar 21st, 2025
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## COMMENTS

The below rehab programme is to help you recover from trigger finger or trigger thumb. This is where one of your fingers or your thumb catches and remains flexed, requiring you to pull it straight again.

The main treatment for this is to use a splint at night for a minimum of 12 weeks. The splint to look for is referred to as a Shoze splint and this can be found on internet shopping sites. It is unlikely that you will find this on the high street but it may be worth asking. You can also use the splint during the day if needed.

The below exercises are to be done within tolerance and within a range where the finger or thumb does not catch requiring you to unlock it.

The number of repetitions and sets and holds for stretches are a guide. Ideally, you should work towards this over the 12-week period while you are splinting.

It is very important to reduce or avoid, where possible, activities that make your symptoms worse.

You can use medication to manage pain as advised by your healthcare professional.

You do not have to use medication to moderate your symptoms. However, if you feel your symptoms are not manageable, then it is something to consider.



### FINGER DIP FLEXION

Grasp the affected finger, bracing below the last knuckle, and actively bend the finger at the last joint.

Video # XVFZCJCT8

| | |
|---|---|
| **Repeat** | 15 Times |
| **Hold** | 1 Second |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



### FINGER PIP FLEXION

Grasp the affected finger, bracing below the middle knuckle, and actively bend the finger as shown.

Video # XVJ9QMFJ4

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|---|---|
| **Repeat** | 15 Times |
| **Hold** | 1 Second |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |

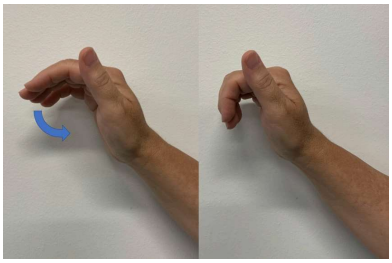


**FINGER MCP FLEXION STRETCH**

Grasp the affected finger just below the main knuckle and gently bend it downward as shown.

Video # XVY4JHWXK

| | |
|---|---|
| **Repeat** | 15 Times |
| **Hold** | 1 Second |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



**Partial fist**

Bring your fingers in towards your palm as if you were making a fist. Only go partial way, so that your fingers are not touching your palm.

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|---|---|
| **Repeat** | 15 Times |
| **Hold** | 1 Second |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



**FINGER MCP EXTENSION STRETCH**

Grasp the hand below the closest knuckle and gently stretch the finger it into extension as shown.

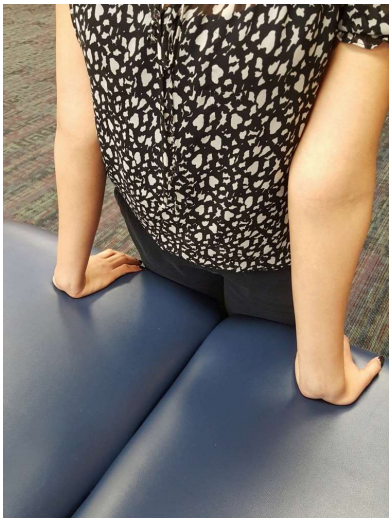
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|---|---|
| **Hold** | 30 Seconds |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



**THUMB EXTENSION STRETCH - TABLE**

Place your hand palm face down on a table and use your other hand to gently pull your thumb away from the hand for a stretch as shown.

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|---|---|
| **Hold** | 30 Seconds |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |

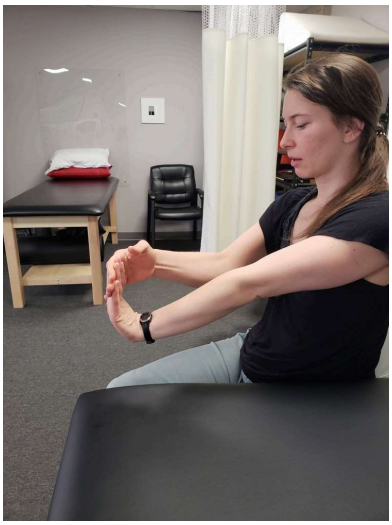


**Standing Wrist Flexor Stretch**

Place your fingers and palms on a table or counter and while keeping your elbows straight lean back until a moderate stretch is felt in your forearms.

Hold this stretch for 1 minute, relax, then repeat.

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|---|---|
| **Hold** | 30 Seconds |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |



**Forearm Flexor Stretch**

Begin with targeted arm outstretched in front of you, palm face down. Pull the fingers towards yourself, pressing the palm away from yourself, and stretching the bottom of the forearm. Release the hand and repeat as prescribed.

| | |
|---|---|
| **Duration** | 30 Seconds |
| **Complete** | 3 Sets |
| **Perform** | 1 Times a Day |