

**Trigger Finger
(Conservative)
Dr. Staiger**

Time Frame	Treatment	Goals
Phase I Initial Visit +	<ul style="list-style-type: none"> • Evaluate and Treat • Assess level of pain. • Instruct in edema management techniques. • Instruct in isolated flexion/extension of PIP and DIP joints. • Instruct in passive flexion/active extension of digits. • Instruct in place and hold exercises. • Avoid composite fist. • Immobilization splinting may further keep down pain and swelling. <ul style="list-style-type: none"> ○ Issue an oval 8 PIP joint extension orthosis for the involved digit to wear full time at night and use as needed for comfort during the day. • May use modalities as indicated. <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. • Continue occupational therapy 2x/week for the use of modalities to minimize localized swelling along the A1 pulley of the involved digit(s). 	<ul style="list-style-type: none"> • Reduction of triggering • Pain management • Edema control
Phase II 4-6 Weeks	<ul style="list-style-type: none"> • Follow up with physician if the client continues to experience pain symptoms. • If pain and triggering continues to improve, wean client into a home exercise program. 	<ul style="list-style-type: none"> • Continued reduction of symptoms • Discharge to HEP