

**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.

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Phase I Post-Op Day 2-5	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Dressing change and check for signs/symptoms of infection.</li> <li>• Assess active range of motion.</li> <li>• Instruct client in edema management.</li> <li>• No orthosis is needed unless ordered.</li> <li>• Instruct in AROM exercises including isolated blocking exercises of PIP joint and DIP joint into flexion/extension, tendon-gliding exercises, and wrist AROM.</li> <li>• Instruct in gentle, pain free passive flexion/extension.</li> </ul>	<ul style="list-style-type: none"> <li>• Edema control</li> <li>• Pain management</li> <li>• ROM</li> </ul>
Phase II 10-14 Days	<ul style="list-style-type: none"> <li>• Follow up with same day or 3 days/the following week after next doctor visit.</li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> <li>• Continue to see if ordered or needed.</li> </ul>	<ul style="list-style-type: none"> <li>• Scar management</li> <li>• Continued ROM</li> </ul>
Phase III 3 Weeks	<ul style="list-style-type: none"> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op).               <ul style="list-style-type: none"> <li>○ May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continued edema control and pain and scar management</li> <li>• Functional ROM</li> </ul>