Patient Exercise Sheet: Wrist and Hand: Trigger Finger Exercises



| Tendon Gliding | 1 First Position | 2 Second Position | 3 Third Position |
|--|-------------------------|--|-------------------------|
| (4) Fourth Position | 5 Fifth Position | | |
| | | | |
| which is entirely nor worse the following | mal to begin with, prov | npleting the following exi iding the pain is not signi o only exercise up to arou e pain. | ficantly |

Repeat this routine little and often throughout the day, aiming for 5 times a day.

Tendon Gliding

For this exercise follow each of the positions below in sequence. This completes a single repetition. Keep the movements slow and controlled and repeat as many times as you can over 45-60 seconds.



Finger extension, straighten your fingers fully.



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PAGE [[OF 3]

Trigger Finger Exercises





Second Position

Bend your fingers to a table top position keeping the fingers straight.



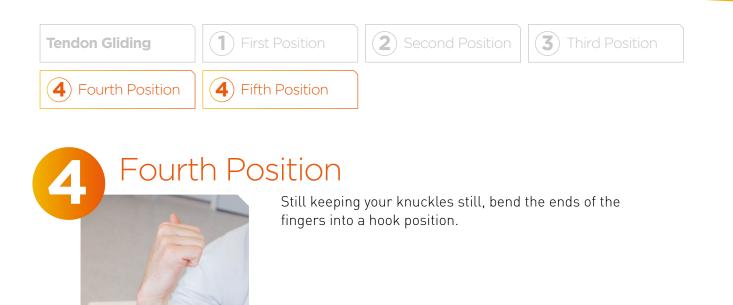
Keeping your knuckles still, bend your fingers as far down your palm as possible this is called flat fist.





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Fifth Position



Straighten the knuckles first and then tops of the fingers to return to your starting position.



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