



SHAYNE KELLY, DO

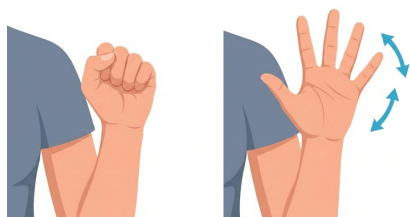
ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OP BRIDGE PROGRAM · UNTIL PHYSICAL THERAPY BEGINS · SHAYNEKELLYORTHODOTCOM

After Trigger Finger Release: First Two Weeks

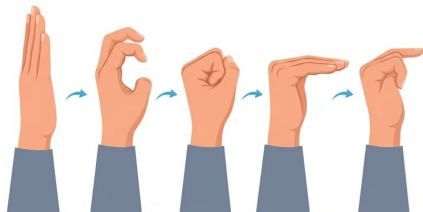
PRECAUTIONS — READ FIRST

Keep the dressing clean and dry until your follow-up. Soreness in the palm at the incision is normal. Avoid forceful gripping for the first two weeks — but DO move the finger early and often; gentle motion is the best way to prevent stiffness and keep the tendon gliding.



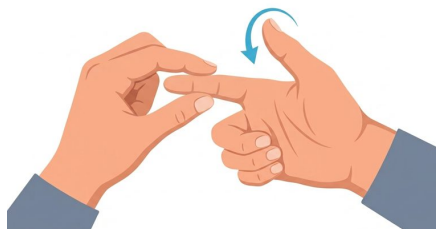
Full Fist / Full Open 10 times, every 1-2 hours while awake

Slowly make a complete fist, then straighten the fingers all the way out. Focus on getting the operated finger fully bent and fully straight.



Tendon Glides 5 rounds, 2-3 times a day

Move through: fingers straight — hook fist — full fist — back to straight. Hold each position 2-3 seconds.



Blocked Fingertip Bends 5-10 times each joint, 2-3 times a day

With your other hand, hold the middle section of the operated finger straight, and bend just the fingertip joint. Then hold the base of the finger and bend just the middle joint.



Table Lifts 10 times, 2-3 times a day

Rest your palm flat on a table and lift each finger off the table one at a time, then set it back down.



Elevation + Fist Pumps 10-15 pumps, several times a day

Several times a day, raise the hand above heart level and slowly open and close the fist to pump swelling out.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.