

Trigger Finger Exercises

Finger Abduction 1

This routine enhances blood circulation to the injured finger. It also strengthens its smaller ligaments. Have the injured finger placed side by side with a normal finger. Let the thumb and index finger of your other hand press slightly the two fingers placed together. Then apply slight resistance to the two fingers as you move them apart using your index finger and thumb. Have the resistance adequate for the two fingers to separate.

Finger Abduction 2

This routine works similarly to the abduction exercise where blood circulation is enhanced and the smaller ligaments are strengthened. Separate the injured finger as far away from the closest normal finger. Allow the two fingers to form a V position. Have the index finger and thumb of your other hand push the two fingers against the other fingers. Then press slightly the two fingers bringing them closer together.

Finger Extensor Stretch

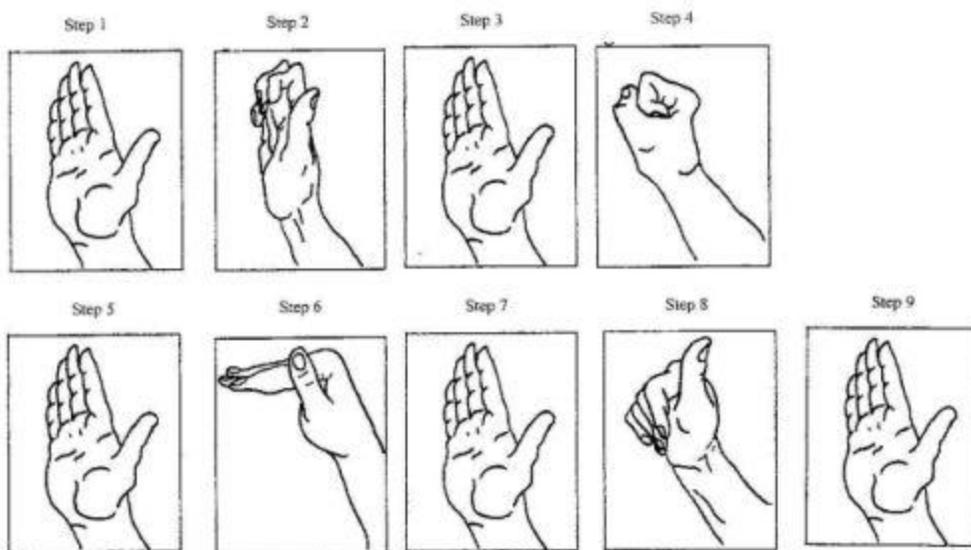
This routine will make the affected finger moving after surgery. Lay flat the hand of your injured finger on a solid surface. Let your opposite hand hold the injured finger. Gently raise the injured finger up leaving the rest of your fingers flat on the surface. Continue the lift until the finger is slightly stretched. Let it stay for few seconds and allow to rest. Repeat when needed.

Stretches

Stretching the hand will condition the muscles for some strengthening exercise. Stretching also relieves swelling and modifies the positions of the fingers. Spread your fingers as wide as you can, and hold it for a few seconds, and bring them close together. You can also have your fingers bent backwards, and then forward, holding it for few seconds. Position your thumb upright and push the thumb back to stretch the joint. Hold for a few seconds. Repeat the stretching till your hand gets fully relaxed.

Tendon Gliding

Tendon gliding exercises will improve the ailment by making the tendons gently run through the surrounding sheaths to enhance lubrication. Spread your fingers widely while you can, and slowly bend them to let it touch the palm of your hands. You can begin by touching the top of the palm; spread again and move down to the middle; spread again then move to the bottom. When you have done this exercise, you can have your thumb touch all your fingertips, then down to your palm. Repeat the exercise when needed and perform slowly, pausing if you feel pain. You can also have your hands immersed in warm water to relieve the stiffness once the exercise is repeated.



Strengthening

The muscles of the forearm and wrist must be strengthened to control hand movements. This helps balance the hand movements and enhance the efficiency of the motions. Having strengthening exercises will increase blood flow, provide warmth, and speed up the recovery from the disease.

You can start by pinching the fingertips and your thumb. Place an elastic band around them. Separate your fingers from your thumb, making the band fairly tight. Allow it to stay in place on your fingers and thumb. Make a repetitive pumping motion to extend the fingers and thumb away and close to each other again and again. You should apply tension on the elastic during the whole exercise. Repeat the routine as necessary. Have your fingers and thumb bent towards your palm and hook the elastic band in the middle. Let your other hand pull the end of the band and allow slight tension. Straighten your fingers against the tension.

