

TRIGGER FINGER EXERCISES

Perform 3-4x per week



FLEX & EXTENSION STRETCH PIP JOINT

Grasp the affected finger below the middle knuckle and gently stretch it into a more straightened position and then return to flexed position.

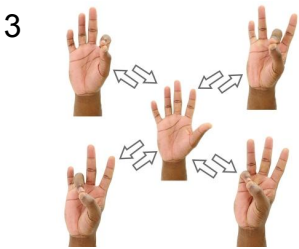
Complete 1 set Repeat 10 times



FINGER EXTENSION & FLEXION

Start with fingers straight and close to make a fist, repeat.

Complete 1 set Repeat 10 times



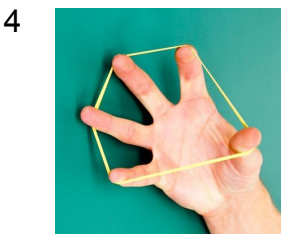
THUMB OPPOSITION COMBO

Start with an open palm and fingers extended.

-tap the tip of finger with thumb and
-slide thumb/finger down..

Repeat until all fingers have performed as shown.

Complete 1 set Hold 1 sec
Repeat 10 times



RUBBER BAND EXTENSION

Expand a rubber band wrapped around your fingers.

Complete 1 set Hold 1 sec
Repeat 10 times
