

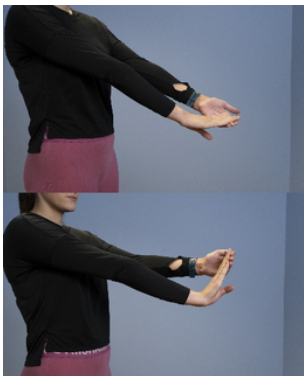
# Trigger Finger Treatment Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



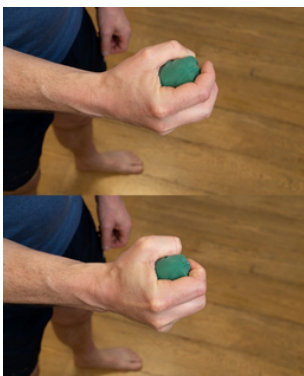
## 1. Digit extension individual

- Place the palm of your hand on a flat surface.
- Keep your palm flat and lift your injured finger off of the table.
- Use your opposite hand to pull the finger further into a stretch.
- Hold for 20 seconds.
- **Perform this exercise up to 3 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



## 2. Wrist extension stretch

- Sit or stand with your arm straight out in front of you with the palm of your hand facing the floor.
- Bend your wrist so the back of your hand moves towards you.
- Use your opposite hand to pull into a stretch.
- Hold this position for 20 seconds.
- **Perform this exercise up to 3 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



## 3. Stress ball squeeze

- Hold a soft ball or a balled-up piece of tissue.
- Squeeze the ball tightly, holding for 5 seconds.
- Relax your hand and forearm muscles between repetitions.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 3 times.**