

# Patient Exercise Sheet: **Wrist and Hand:** Trigger Finger Exercises

Physiotherapy



## Tendon Gliding

1 First Position

2 Second Position

3 Third Position

4 Fourth Position

5 Fifth Position

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

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.

### 1 First Position



Finger extension, straighten your fingers fully.

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**Tendon Gliding**

① First Position

② Second Position

③ Third Position

④ Fourth Position

⑤ Fifth Position

2

## Second Position



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

3

## Third Position



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

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**Tendon Gliding**

① First Position

② Second Position

③ Third Position

④ Fourth Position

④ Fifth Position

## 4 Fourth Position



Still keeping your knuckles still, bend the ends of the fingers into a hook position.

## 5 Fifth Position



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