

## Trigger Finger Syndrome Exercises

Note that Trigger Finger may take longer to correct than other hand disorders. Be patient, yet persistent with your program, and results will come using FLEXTEND®.

### Exercises: 3

- 1) Palm-Up Isolated
- 2) Five-Finger Isolated
- 3) Single Finger Isolated

**OPTIONAL:** You may use Palm-Up Elbow Moving unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

### Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

#### 3-sets: Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

### Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

#### 1 set: Palm-Up Isolated

#### 2 sets: Five-Finger Isolated

#### 1 set: Palm-Up Isolated

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

### Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

#### 1 set: Palm-Up Isolated

#### 2 sets: Five-Finger Isolated

#### 2 sets: Single-Finger Isolated

#### 1 set: Palm-Up Isolated

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

### Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

#### 1 set: Palm-Up Isolated

#### 3 sets: Five-Finger Isolated

#### 3 sets: Single-Finger Isolated

#### 1 set: Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

**Progressive Resistance:** Increase exercise resistance each week by moving up the Band Clasp/shortening the band length. Track your progress using the Progress Chart. (pg. 48)

