

# Trigger Thumb Release Surgery Post-Op Exercises

See our full HEP Library with  
8,000+ video-based exercises



Seated Thumb Composite Extension AROM



**Setup:** Begin sitting upright with your arm resting on a table, your hand in a loose fist, and your palm facing inward.

**Movement:** Straighten your thumb, extending all of the joints, then slowly lower it back down and repeat.

**Tip:** Make sure to focus on moving all the joints of your thumb. Keep the rest of your arm relaxed during the exercise.

Thumb MP Flexion Extension



**Setup:** Begin sitting upright in a chair with your arm resting on a table and your palm facing inward.

**Movement:** Grasp the lower section of your thumb and gently bend it down toward your hand, then bring it back up and repeat.

**Tip:** Make sure to keep your thumb relaxed during the exercise.

Thumb PROM Composite Flexion



**Setup:** Begin sitting upright with the side of your forearm and hand resting on a table.

**Movement:** Keeping your involved thumb relaxed, use your other hand to bend your thumb at each joint in towards your palm. Hold briefly, then relax and repeat.

**Tip:** Make sure to move slowly and keep your involved hand relaxed during the exercise.

# Trigger Thumb Release Surgery Post-Op Exercises

See our full HEP Library with  
8,000+ video-based exercises



Seated Thumb IP Flexion AROM with Blocking

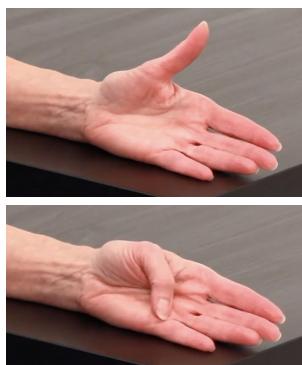


**Setup:** Begin sitting upright with your arm resting on a table and your hand in a loose fist. You should be holding the base section of your involved thumb with your other hand.

**Movement:** Bend the tip of your thumb, then straighten it, and repeat.

**Tip:** Make sure to focus on only bending at the end joint of your involved thumb. Keep your shoulder, arm, and the rest of your hand relaxed during the exercise.

Seated Thumb Composite Flexion AROM



**Setup:** Begin sitting upright with your arm resting on a table, palm up, and your thumb straight.

**Movement:** Bend your thumb toward the opposite corner of your hand. Then return to the starting position and repeat.

**Tip:** Make sure to bend all of the joints of your thumb. Keep the rest of your arm relaxed during the exercise.

Key Pinch with Putty



**Setup:** Begin sitting upright with a ball of putty between your thumb and the side of your index finger.

**Movement:** Press the putty down into the side of your index finger, keeping the tip of your thumb straight. Reshape the putty, and repeat.

**Tip:** Make sure to keep your wrist and the tip of your thumb straight.

# Trigger Thumb Release Surgery Post-Op Exercises

See our full HEP Library with  
8,000+ video-based exercises



## Tip Pinch with Putty



**Setup:** Begin sitting upright with a roll of putty on the table.

**Movement:** Using the tips of your index finger and thumb, gently pinch into the putty.

**Tip:** Make sure to keep your wrist straight and only move through a pain free range.

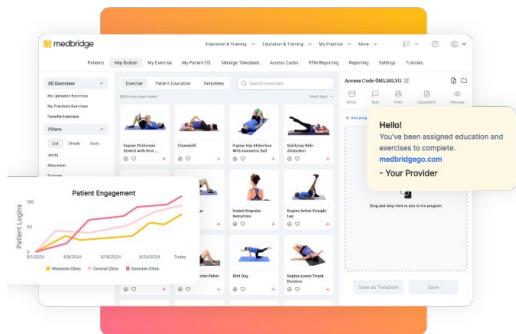
## Scar Massage



**Setup:** Wait until the wound is fully closed and all scabs have fallen off. Apply lotion, cocoa butter, or vitamin E oil to the scar.

**Movement:** - Circles: Two fingertips, circular motion top-to-bottom, both clockwise and counterclockwise.  
- Side-to-Side: Two fingertips, massage across the scar.  
- Up-and-Down: Two fingertips, along the length of the scar. Massage the full length of the scar and surrounding skin in each direction.

**Tip:** Use firm pressure as tolerated (start light, increase gradually). 5–10 min, 2–3×/day, for several months. Stop and call your provider if redness, bleeding, or drainage occurs.



## Drive behavior change and boost adherence with Medbridge HEP

- Save time with smart search, templates, and one-click documentation.
- Engage patients with over 8,000 video exercises delivered on a mobile app.
- Improve outcomes with patient feedback, messaging, and adherence tracking.
- Learn more at [www.medbridge.com/hep](http://www.medbridge.com/hep)

**Disclaimer:** This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.