Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

# Trigger finger and thumb release

Version number: **3**
Last modified date: **12th November 2026**

# Trigger Finger/Thumb Release Surgery

## Patient Information

## Therapy Department

- Author ID: PG
- Leaflet ref: Tpy 007
- Version: 3
- Leaflet title: Trigger Finger/Thumb Release Surgery
- Date Produced: November 2025
- Expiry Date: November 2027

# Introduction

This leaflet is to provide advice and exercises following your trigger release surgery.

# What should I do for the best results?

- Use your hand for light activities as comfortable to do so.
- Avoid excessive weight-bearing through the hand and wrist, repetitive gripping, and heavy lifting for 6 weeks after the surgery.
- You should not drive until the stitches have been removed and the wound has healed. Then you have to be certain you have sufficient strength and control to do so safely.
- Once the stitches have been removed and the wound has healed you can consider returning to work. This will be dependent on the type of job you do.

# Scar Care

When your wound has healed and is dry it is important to start massage.

To do this you should use unscented moisturising cream.  Apply a gentle pressure to the length of the scar 3 – 4 times a day for a few minutes each time.  This will help the scar to heal, flatten and will reduce any tenderness.

Some people experience increased sensitivity of the scar which can be unpleasant. To desensitise the area, you should continue with scar massage and practice touching the area with different textures using different pressures.

## Expectations

It is normal to experience some discomfort and swelling following this surgery.

If you experience any of the following in the weeks after your surgery, please contact us:

- Persistent pain, swelling or scar sensitivity
- Significant stiffness in the wrist and/or fingers
- Inability to straighten the fingers out fully
- Inability to use the hand for daily tasks.

## Exercises

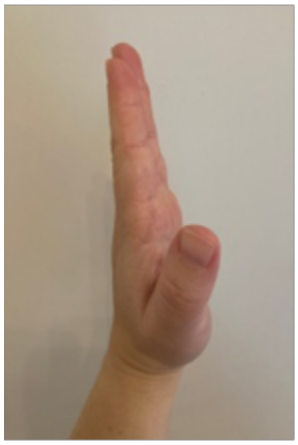
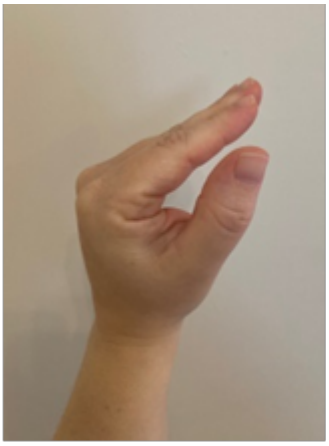
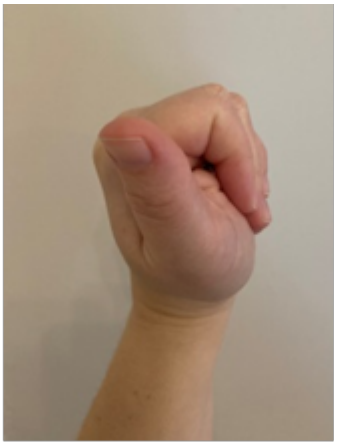
None of the exercises should be significantly painful. However it is normal to experience some discomfort during the exercises

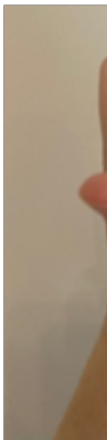
Aim to practice the exercises 3 to 4 times a day, between 5 and 10 repetitions of each as comfortable.

If you feel you have done too many, rest the hand until it feels comfortable and slowly build up the exercises again.

## Tendon Gliding Exercises

The following sequence is one repetition for the finger tendons.

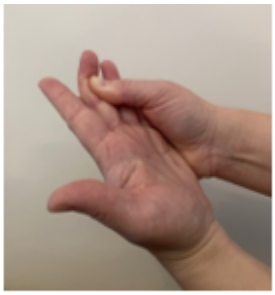






## Isolated Tendon Gliding

Isolate the tip of the finger in which you have had the release surgery by gripping firmly just below the joint crease.

Bend and straighten the fingertip.

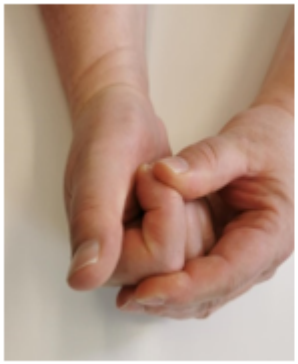


Isolate the thumb tendon that has been released by holding firmly as shown.

Bend and straighten the thumb tip.



## Using your other hand





Gently push your fingers or thumb towards your palm using your other hand.

If you have any questions about your rehabilitation programme or this leaflet, please contact your therapist.

## Contact details:


**Wrightington Therapy Department**

01257 488272

wwl-tr.therapyadmin@nhs.net

Open 08:00-16.30 Monday to Friday

**Leigh Health Centre**

Therapy Department

0300 707 1597

Open 08:00-16.30 Monday to Friday

**Boston House**

0300 707 1113

Open 08:00-16.30 Monday to Friday

## Ward One

Monday to Friday 7:30am until 8pm01257 256272

| | |
|---|---|
| Male Bay | 01257 256550 |
| Female Bay | 01257 256551 |

## Outpatient appointments

01257 256222 or 01257 256241



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