

Trigger Digit Release (also Tenosynovial ganglion)

- Day 3 Change dressing, inspect wound, clean wound
 Initiate therapy 2X/week
 Active and Assisted ROM to maintain full ROM
- Day 14 Begin therapy 2X/week
 Instruct on scar massage
 Begin progressive resistance program with putty and gripper;
 Goal is 80% grip strength by week 4