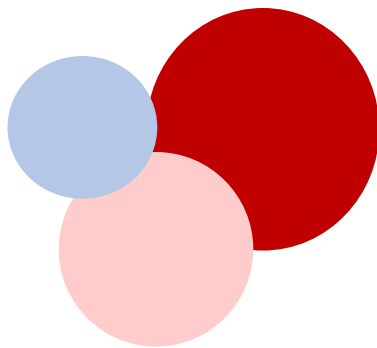


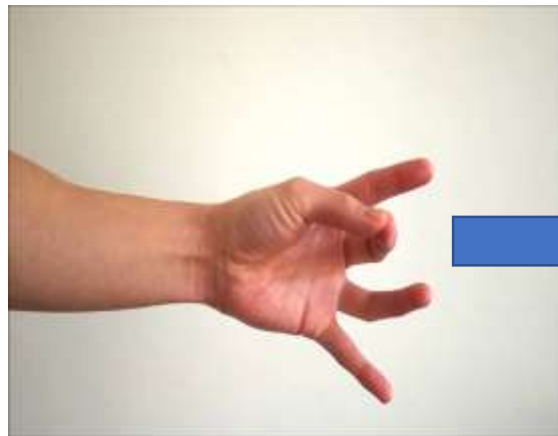
# Trigger Finger Exercises



- Place the palm of your hand on a table.
- Lift the affected finger off the table.
- Use your other hand to stretch and hold the affected finger up.
- Release it back down.
- Repeat this 10 times



- place the coins on the table.
- Pick up one at a time with affected finger.
- move the coins on the opposite side of the table.
- Do this for five minutes.



- Bring the affected finger to your thumb to form an "O" shape.
- Hold for 5 seconds.
- Straighten your fingers.
- Repeat 10 times twice a day.