

Tendon Gliding Exercises

Information leaflet

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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Therapist:

Hand Unit,
Whiston Hospital, Warrington Road,
Prescot, L35 5DR
Telephone: 0151 430 1237

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk

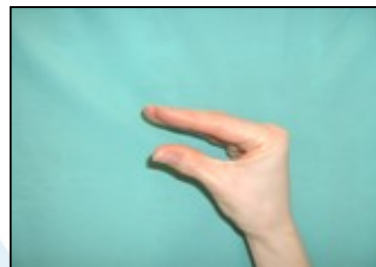
Author: Occupational Therapist
Department: Hand Therapy
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Tendon Gliding Exercises

Tendon adhesions may result after trauma or surgery. They can be prevented or reduced by tendon-gliding exercises.

These exercises allow each tendon to reach its greatest amount of movement. They also reduce hand swelling.

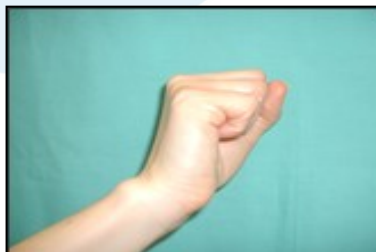
1. Start with your fingers straight. Then, keeping them straight, bend at the knuckles to form a right angle and straighten again.



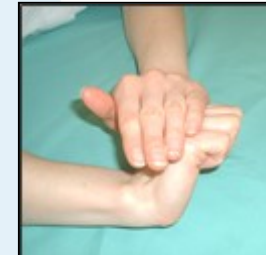
2. Start with your fingers straight, hook your fingertips towards your palm. Keep your knuckles straight and wrist extended (back).



3. Start with your fingers straight, then curl the tips of your fingers down and roll your knuckles into a fist, keeping wrist extended (back).



5. Start by bringing your main knuckles down to a flexed position (90°). Use other hand to clamp around the base of your fingers to keep in flexed position. Bend the two top joints of your fingers towards your palm and straighten, against the resistance of your other hand.



6. Hold 3 of your fingers straight. Bend the other finger down from the middle joint.



7. Using your other hand hold your finger just below the end joint. Bend the very tip of your finger, keeping middle joint straight.

