



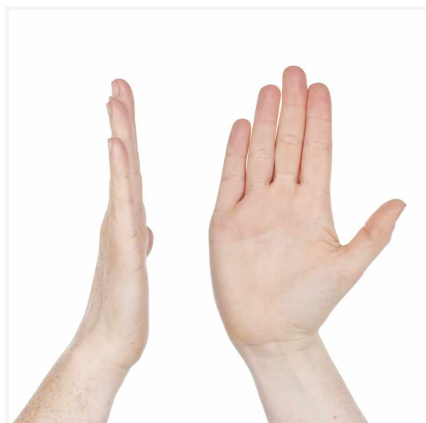
Tendon glide exercises

Information for patients from the Orthopaedic Hand Service

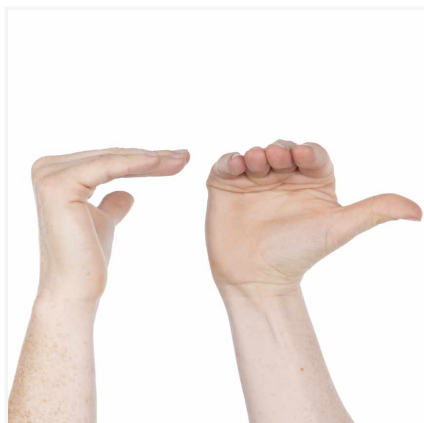
The following exercises should not be painful, but they may feel slightly uncomfortable as your fingers and hand stretch.

- Each exercise should be completed four to six times, and four times a day if possible. Your therapist or doctor will tell you if this needs to be different.
- Always exercise gently and slowly.
- Hold the position at the end of each exercise for five seconds.
- Always start and finish with your fingers as straight as possible.

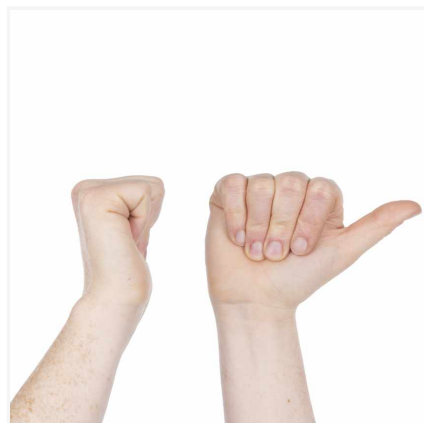
Exercise 1: Table top to flat fist



Exercise 1a

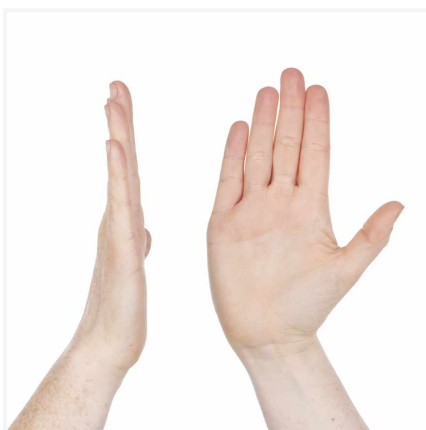


Exercise 1b

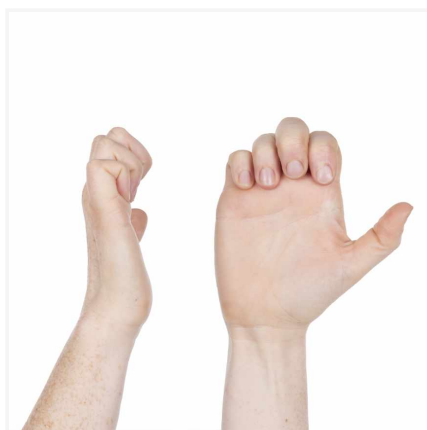


Exercise 1c

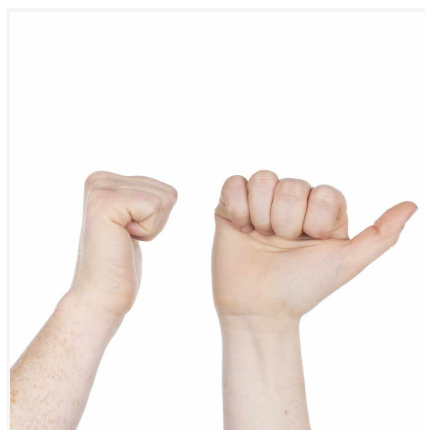
Exercise 2: Hook to full fist



Exercise 2a



Exercise 2b

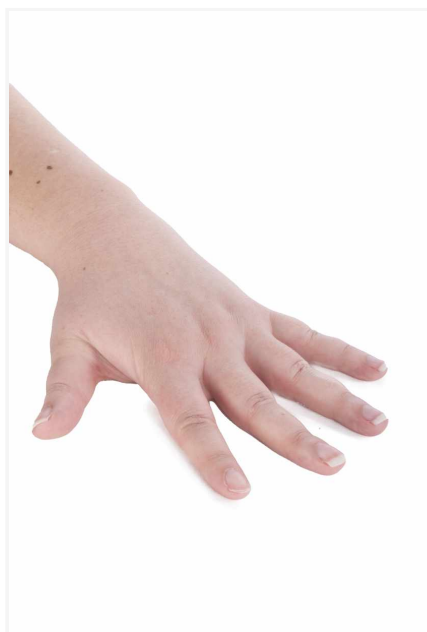


Exercise 2c

Exercise 3: Spread your fingers apart as far as possible, then back again



Exercise 3a



Exercise 3b



Exercise 3c

What if I have any questions or concerns?

If you have any questions or concerns regarding your treatment, please call the **Physiotherapy Department** on **01227 783065**.

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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