



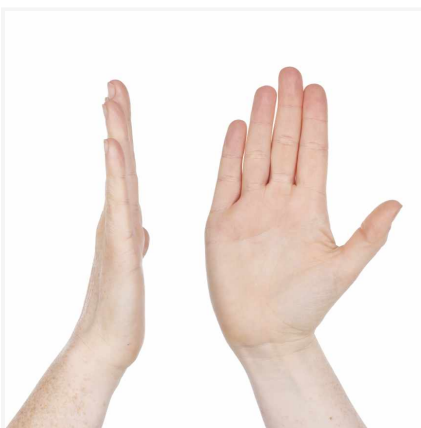
# Tendon glide exercises

## Information for patients from the Orthopaedic Hand Service

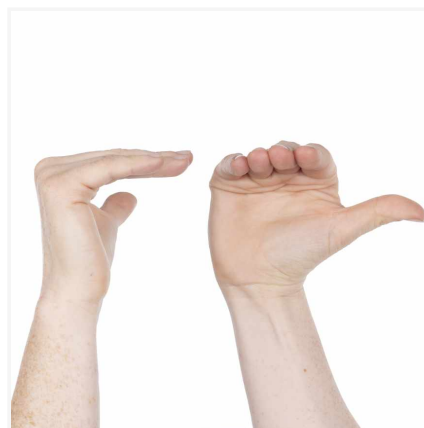
The following exercises should not be painful, but they may feel slightly uncomfortable as your fingers and hand stretch.

- 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.

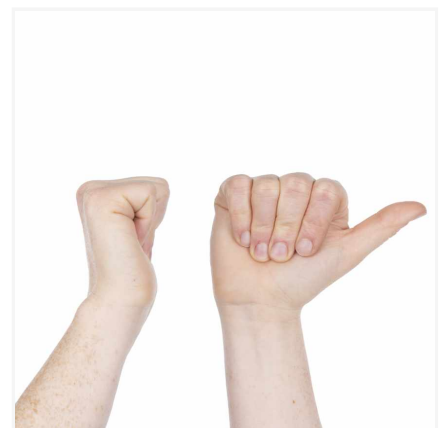
### Exercise 1: Table top to flat fist



Exercise 1a

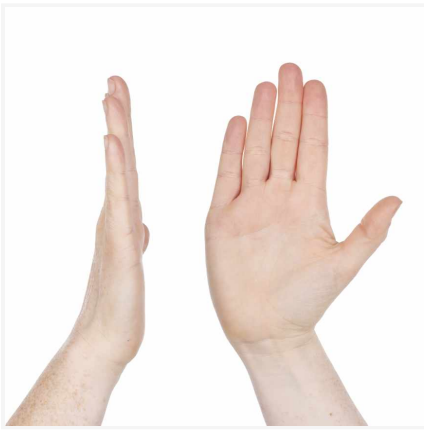


Exercise 1b

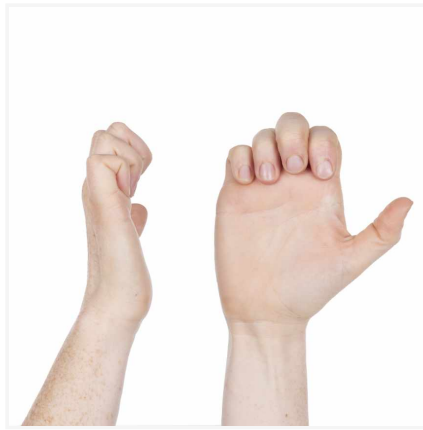


Exercise 1c

### Exercise 2: Hook to full fist



Exercise 2a

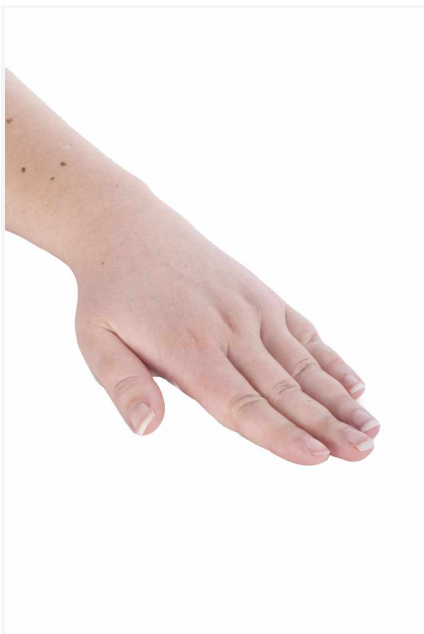


Exercise 2b



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](mailto:ekh-tr.pals@nhs.net) ([ekh-tr.pals@nhs.net](mailto: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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