

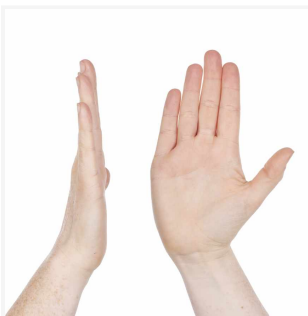
Tendon glide exercises

Information for patients from the Orthopaedic Hand Service

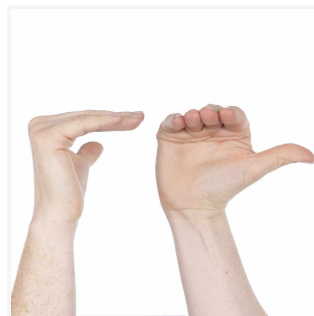
The following exercises should not be painful. However, they may feel a bit uncomfortable as your fingers and hand stretch.

- If possible, complete each exercise 4 to 6 times, 4 times a day. 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 5 seconds.
- Always start and finish with your fingers as straight as possible.

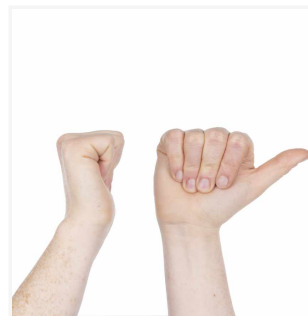
Exercise 1: Table top to flat fist



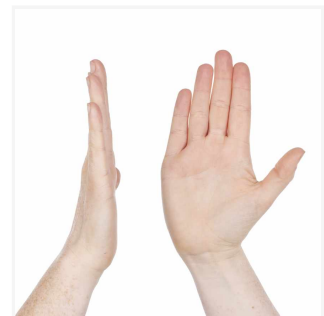
1. Hold your wrist and fingers in a straight position.



2. Bend all your fingers at the knuckles, keeping your fingers straight.

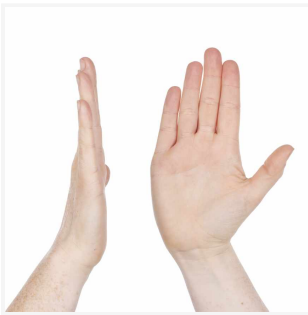


3. Bend the middle joints of your fingers, keeping the tips straight so they touch the palm of your hand with your nails still visible. Hold for 5 seconds.

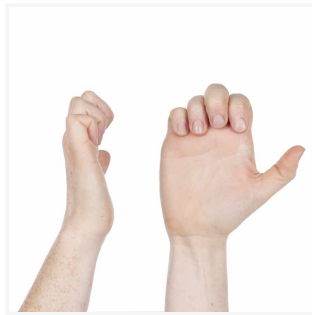


4. Straighten your fingers back to the starting position.

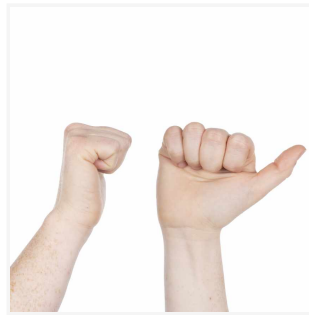
Exercise 2: Hook to full fist



1. Hold your wrist and fingers in a straight position.



2. Bend the small joints of your fingers into a hook. Keep your knuckles straight.



3. Roll your fingers down into a full fist by bending the knuckles. Hold for 5 seconds.

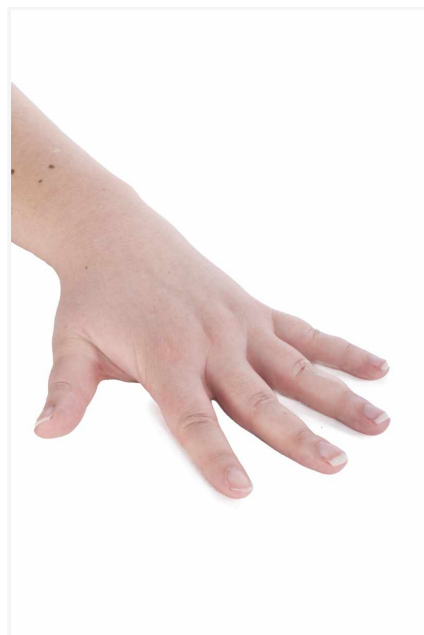


4. Straighten your fingers back to the starting position.

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



1. Hold all your fingers together.



2. Spread your fingers as far apart as possible.



3. Return to the starting position.

What if I have any questions or concerns?

If you have any questions, please call the **Physiotherapy Department on 01227 783065.**

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (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 information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

Reference number: Web 653

First published:
March 2023

Last reviewed:
April 2025

Next review date:
August 2028



Illustrations and Photographs created by the Medical Photography Department.

Copyright © East Kent Hospitals University NHS Foundation Trust.