

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.

Tendon-gliding exercises are as important to the hand as aerobic exercise is to the heart.

Do each exercise _____ times, _____ times a day.

_ Start with your fingers straight every time you do these exercises.

_ Make a tabletop with your fingers by keeping them straight and then bending only at the wrist and at the knuckles. Relax and repeat.



_ Make each type of fist shown below, one at a time, with your fingers.

1.) Hook Fist

2.) Straight Fist

3.) Full Fist



_ Curl your thumb into your palm as far as possible then stretch it out as far as possible.

