

# Flexor Tendon Exercises

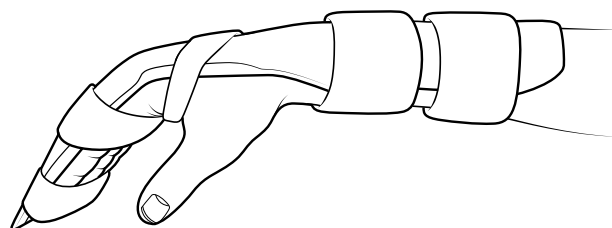


THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Do these exercises \_\_\_\_\_ times each day and repeat each exercise \_\_\_\_\_ times.

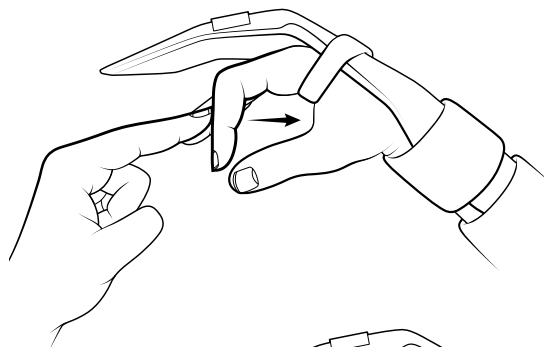
- Wear your splint 24 hours a day.
- Release the straps around your fingers to do your exercises.
- Be sure to replace the strap after you have done the exercises.
- Do not grasp or pick up objects until your doctor or therapist gives you the okay.



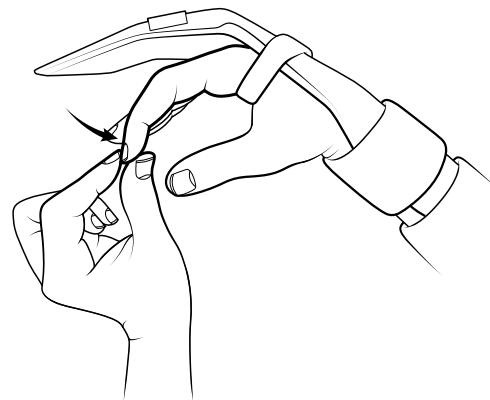
## Passive exercises

Do these exercises first, **using your other hand to help move your finger.**

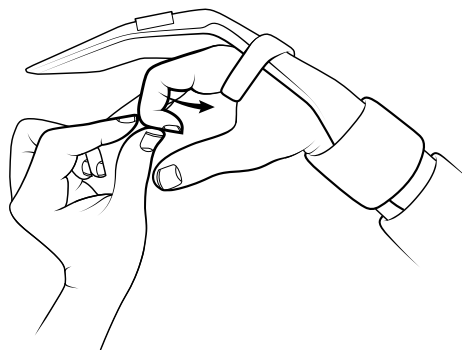
1. Bend finger at middle joint.



2. Bend the tip of finger.



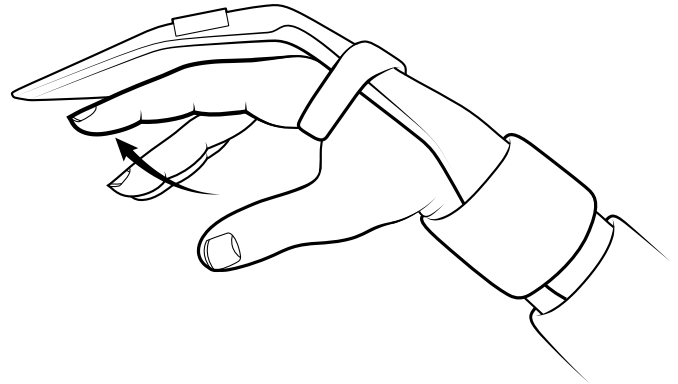
3. Bend all joints of finger to palm of hand.



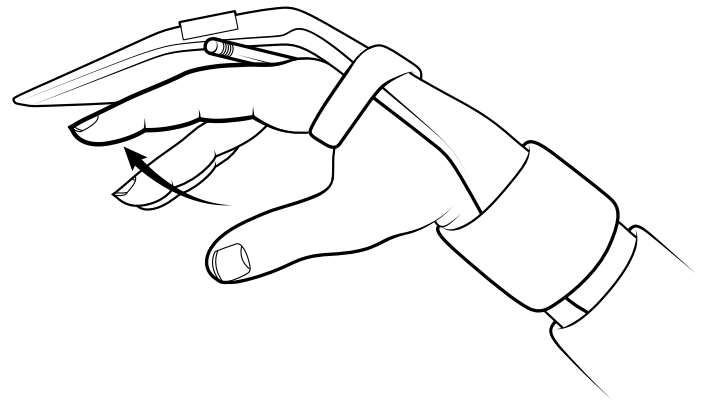
## Active exercises

Do these exercises **without using the other hand** to help.

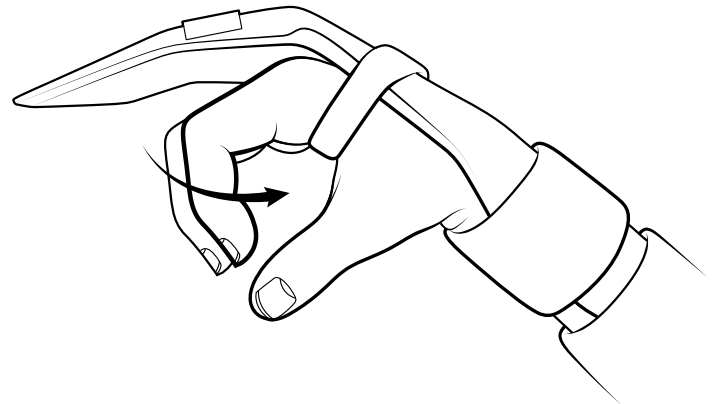
1. Option A: Straighten finger out toward splint, **or**



Option B: Place pencil or finger on finger at the first joint, closest to the palm. Straighten the finger.



2. Gently bend fingers to make a half fist.



---

**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.