Tendon Gliding Exercises

Tendons are tissue that connect muscle to bone. Tendon adhesion means the tendons have become attached to other tissue around it, which can limit movement. This can happen after a trauma or surgery. Tendon adhesion can be prevented or reduced by doing tendon-gliding exercises. These allow each tendon to reach its greatest amount of movement, and can also reduce hand swelling.

Do only the exercises checked by your therapist.

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

Do ______ times each, ______ times a day.

Exercises

- **Tabletop**
  Make a tabletop with your fingers by keeping them straight, then bending only at the wrist and knuckles.

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

  - Hook fist
  - Straight fist
  - Full fist

- **Thumb Curl**
  Curl your thumb into your palm as far as possible, then stretch it out as far as possible.