Tendon-Gliding Exercises

Do these exercises _____ times, _____ times a day.

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.

- 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.
  
  A. Hook Fist  
  B. Straight Fist  
  C. Full Fist

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

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