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## TENDON-GLIDING EXERCISES

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Do each exercise \_\_\_\_\_ 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.



*\*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.*

☐ 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.



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