

Tendon Gliding Exercises



Patient Information

What are tendon gliding exercises?

Tendon adhesions may result in the hand after trauma or surgery, and stiffness can be the result of disuse. Adhesions and stiffness can be prevented or reduced by tendon gliding exercises. The exercises allow each tendon to reach its greatest amount of movement and to move independently of each other. They also help to reduce hand swelling and restore a functional grip.

How are they carried out?

You may find it easier to perform these exercises in warm water, particularly in the initial stages or in the morning when your hands may feel stiffer.

Always start with your fingers and wrist straight and return to that position between each stage.

Aim to perform each movement 10 times then move onto the next exercise. Your therapist may instruct you to repeat the set of exercises. The amount of repetitions will depend on the level of dysfunction you have.

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1. Start with your fingers straight, then hook your fingertips towards your palm. Keep your knuckles and wrist straight. Return to the start position.



2. Start with your fingers straight then, keeping them straight, bend at the knuckles to form a right angle. Return to the start position.



3. Start with your fingers straight, then curl the tips of your fingers down to form a 'flat fist' onto your palm. Return to the start position.



4. Start with your fingers straight, curl the tips of your fingers down and roll into a full fist. Return to the start position.



Further Information

If you have any problems with these exercises, or any questions please contact your Hand Therapist.

You can visit our website for further information on contacting our teams;

<https://wiltshirehealthandcare.nhs.uk/physiotherapy/>

Safeguarding

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If you or your carer have any concerns regarding a child or adult's safety, please phone Wiltshire Safeguarding Team on 0300 456 0111 (Adult) or 0300 456 0108 (Child) (9am – 5pm Monday - Friday) or please call 999 if you feel they are in immediate danger.

Patient Advice and Liaison Service (PALS)

If you have any questions, or concerns, suggestions or compliments about our service, please speak to a member of staff.

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 0300 123 7797 and whc.pals@nhs.net

Patient and Public Involvement

We value your opinions which will help us to further develop our services.

If you wish to provide feedback or get involved in our patient participation groups, please email the Patient and Public Involvement Officer at ask.wiltshirehealthandcare@nhs.net or telephone 01249 454386.