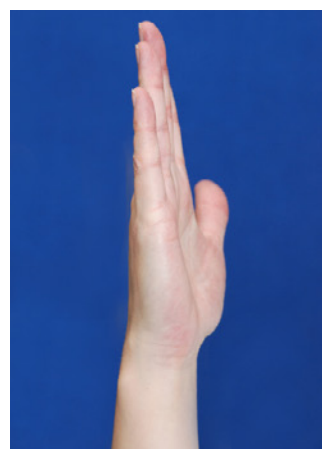


Tendon gliding exercises

Hand Therapy Unit [Patient information](#)

These exercises aim to help finger tendons move smoothly and improve finger movement.

Stretch all your fingers straight, until you feel a stretch in your palm.



Curl the tips of the fingers down, moving only the top two joints into a hook position. The main knuckle joints should be kept straight.



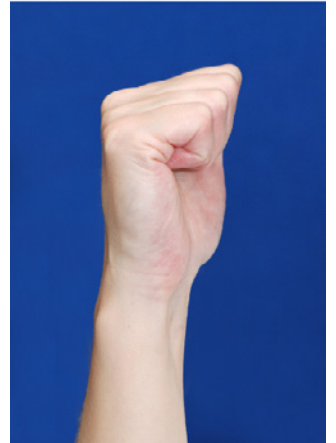
Return to the start position with your fingers up straight. Then bend the main knuckle only, keeping the other joints straight.



From this position, bring the middle joints of your fingers down towards your palm. Keep the tips straight, moving the fingers towards the palm.



Now roll the fingers into a full fist, curling the tips of the fingers into the palm.



Contact details

Christchurch Hospital **0300 019 4418**

Poole Hospital **0300 019 2121**

Telephone lines open 9am-4.30pm. No answerphone available.

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