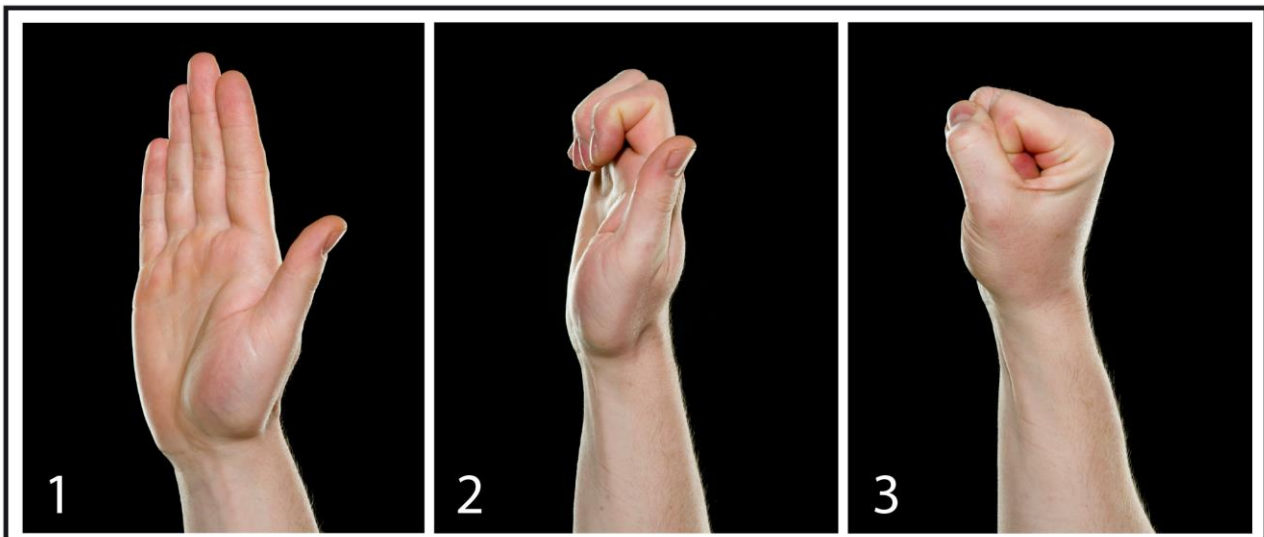


## Patient Information

**Upper Limb Unit: Hand Therapy****Active tendon glides**

Do the following exercises with your wrist straight

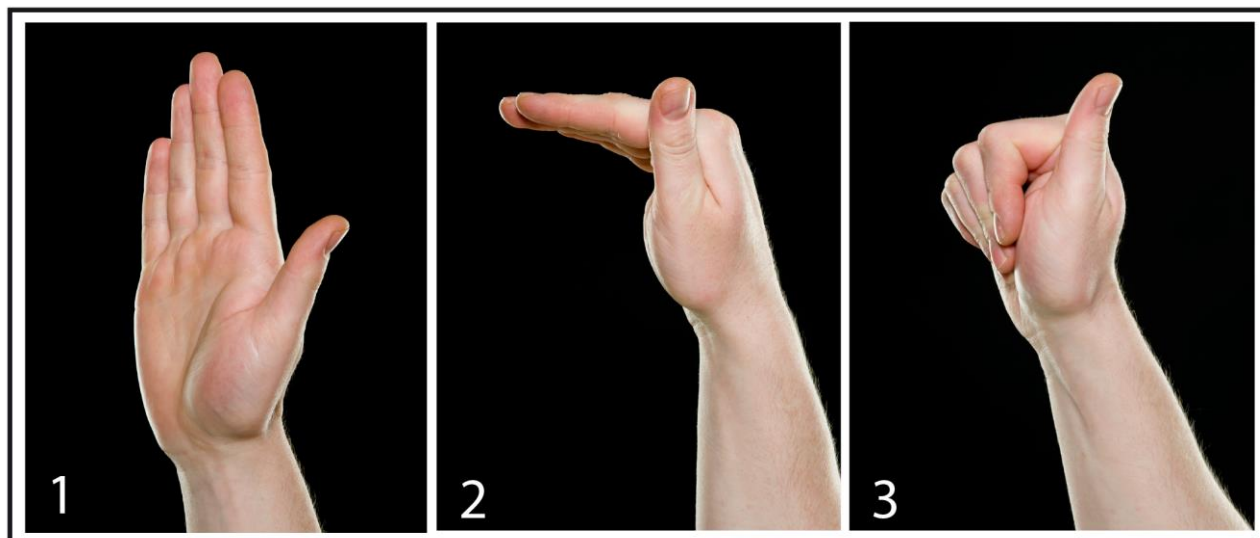
A. Start with straight fingers (1) then bend them like a hook (2) and finally roll in to a fist (3)



B. Start with straight fingers (1) Bend them from the MCPjt (1st joint from your hand) Keeping the top two joints straight (2) and finally bend from the middle knuckle till the fingers touch the palm (3)



## Patient Information



The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5729 and we will do our best to meet your needs.

### Further Information

If you need further information please contact your Therapy Department:

**University Hospital, Coventry and Warwickshire: Tel 024 7696 6016**

**Rugby, St Cross Hospital: Tel 01788 663257** For further information please visit our hand service web site <http://tinyurl.com/uhcwhand>

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### Document History

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