

## Hand Therapy

# Active tendon glides

### Introduction

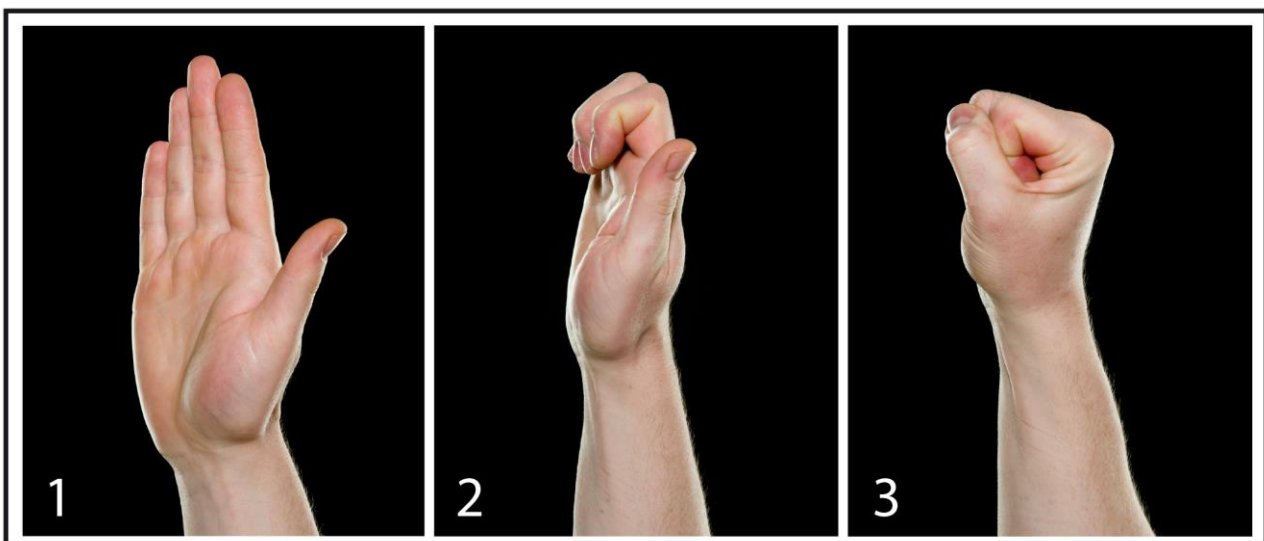
Tendon adhesions may result after trauma or surgery. They can be prevented or reduced by tendon-gliding exercises. These exercises allow each tendon to reach its greatest amount of movement. They also reduce hand swelling.

### Exercises

Do the following exercises with your wrist straight

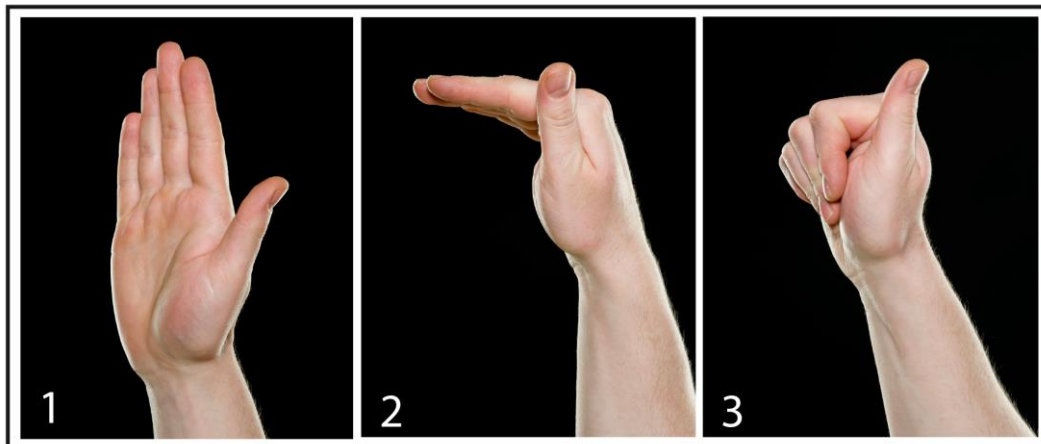
A. Do each exercise \_\_\_\_\_ times, \_\_\_\_\_ times a day

1. Start with straight fingers
2. Then bend them like a hook
3. Finally roll in to a fist



## Patient Information

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



All the images taken within the Trust.

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>

The Trust operates a smoke free policy.

### Document History

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