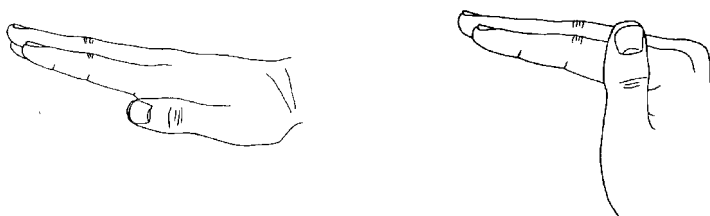


Tendon-Gliding Exercises

Do these exercises _____ times _____ times a day.

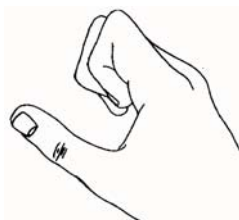
Tendon adhesions may result after trauma or surgery. They can be prevented or reduced by tendon-gliding exercises. These exercises allow each tendon to reach its greatest amount of movement. They also reduce hand swelling. Tendon-gliding exercises is as important to the hand as aerobic exercise is to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

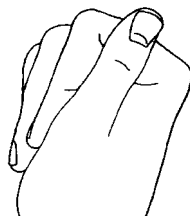


- Make each type of fist shown below, one at a time, with your fingers.

A. Hook Fist



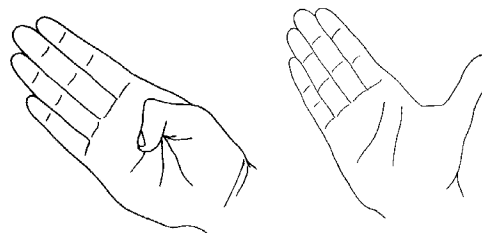
B. Straight Fist



C. Full Fist



- Curl your thumb into your palm as far as possible, then stretch it out as far as possible.



If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.