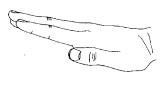
## **Tendon-Gliding Exercises**

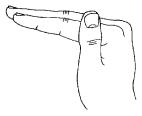


Do these exercises times times a aug.	Do these exercises	times	times a day	·
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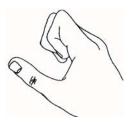
Tendon adhesions may result after trauma or surgery. They can be prevented or reduced by tendon-gliding exercises. These exercises allow each tendon to reach its greatest amount of movement. They also reduce hand swelling. Tendon-gliding exercises is as important to the hand as aerobic exercise is to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



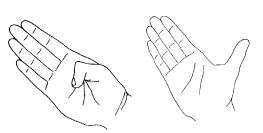
## B. Straight Fist



## C. Full Fist



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



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