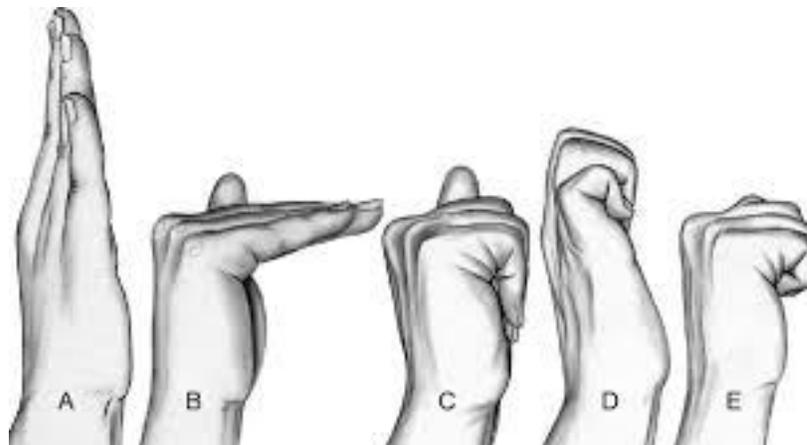


Tendon Gliding Exercises

Exercises:

These exercises should only be done if your doctor specifically recommends it. Exercises to be done 4-5 times a day or more, for 5-10 repetitions each. Exercises include opening and closing the hand, tendon gliding exercises (see below), and finger exercises (isolate the tip of the affected finger and bend and straighten the tip). Heavy lifting or strenuous activity should be avoided until permitted by your doctor.



Tendon Gliding Exercises

*These exercises are extremely important to prevent stiffness in the fingers, after injuries/surgery for trigger fingers, wrist fractures (both before and after surgery), PIP joint stiffness, and after coming out of a cast or splint after a fracture has healed. Please consult your doctor if you have had a nerve or tendon repair prior to doing these exercises.