



Patient & Family Guide

2022

# Tendon Gliding Exercises



[www.nshealth.ca](http://www.nshealth.ca)

# Tendon Gliding Exercises

- Repeat these exercises \_\_\_\_\_ times a day.
- Do each exercise \_\_\_\_\_ times.
- Hold each position for \_\_\_\_\_ seconds.

## Hook fist



## Straight fist



## Full fist



## DIP Flexion (Active Blocked)



- Hold your \_\_\_\_\_ finger firmly at the middle so that only the tip joint can bend.
- Hold for \_\_\_\_\_ seconds.
- Repeat \_\_\_\_\_ times.
- Do this \_\_\_\_\_ times a day.

# Notes:

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## Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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*Prepared by: Occupational Therapy*

*Designed by: Nova Scotia Health Library Services*

The information in this pamphlet is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.