Patient & Family Guide

2022

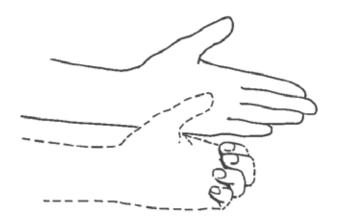
Tendon Gliding Exercises



Tendon Gliding Exercises

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

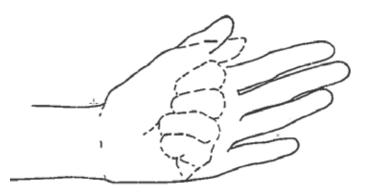
Hook fist



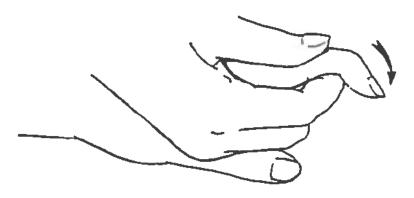
Straight fist



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!

www.nshealth.ca

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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.

