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EXTENSOR TENDON GLIDING EXERCISES

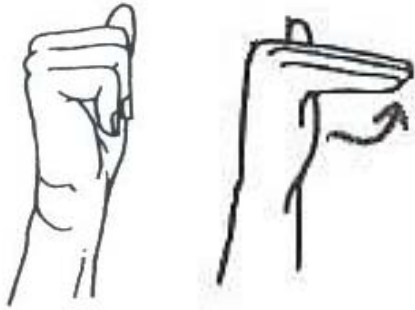
For further information please contact:

Physiotherapy Department
01935 384358

Occupational Therapy Department
01935 384215

Hand Therapy Service
www.yeovilhospital.nhs.uk

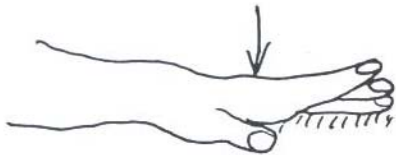
Intrinsic Extension



- Bend your knuckles and **relax** your small joints into a light fist
- Keeping your knuckles bent, straighten the small joints

Repeat _____ times

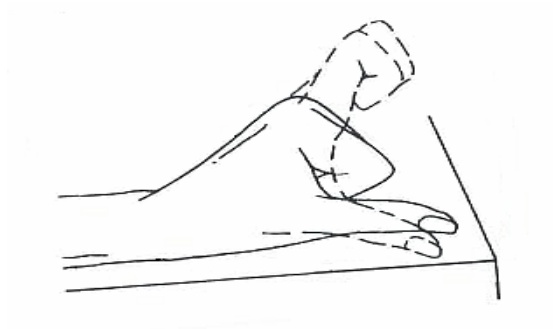
Progression of Intrinsic Extension



- Place the palm of your hand on the table
- Use your other hand to stabilise the large knuckle joint on the table
- Then try and lift the tip of your finger off the table, whilst keeping the remaining fingers flat

Repeat _____ times

Extrinsic Extension



- Place the palm of your hand on a table
- Hook your fingers and then make a full fist
- Straighten your knuckles keeping your fingers bent
- Return to fist position

Repeat _____ times

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