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FLEXOR TENDON GLIDING EXERCISES

For further information please contact:

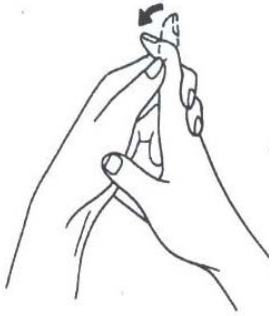
Physiotherapy Department
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Hand Therapy Service

www.yeovilhospital.nhs.uk

Isolated Gliding of FDP



- Support below the finger joint to be exercised
- Bend your finger tip and then straighten it

Repeat _____ times

Isolated Gliding of FDS



- Hold fingers straight as shown
- Bend the finger to be exercised at the middle joint and then straighten it

Repeat _____ times

Hook Position



- Wrist and fingers straight
- Hook your fingers, keeping knuckles straight and then straighten fingers

Repeat _____ times

Fist Position



- Wrist and fingers straight
- Make a fist and then straighten fingers

Repeat _____ times

Flat Fist Position



- Wrist and fingers straight
- Bend your fingers towards your wrist, keeping your fingertips straight

Repeat _____ times