

# Flexor tendon gliding exercises

This leaflet provides additional flexor tendon gliding exercises for patients with hand or finger injuries under the care of the hand therapy team at St George's Hospital. If you have any further questions on the information in this leaflet, please speak directly to your therapist.

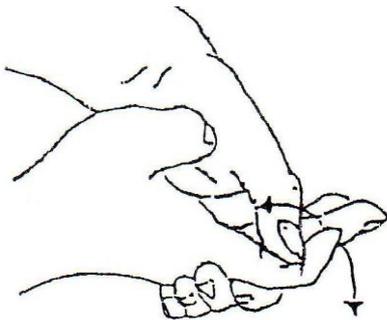
## Why should I do finger tendon gliding exercises?

You have two tendons in each finger that help the finger to bend. These exercises are designed to exercise each tendon on its own and to improve the general mobility in your hand. **Please make sure you only exercise as instructed by your therapist. This will help to improve your recovery in the long term.**

## How often should I do my exercises?

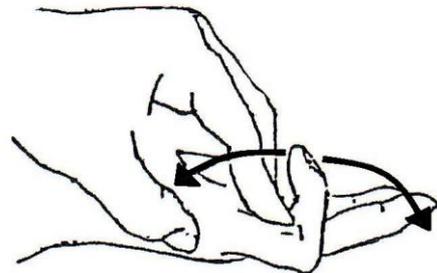
Your therapist will identify which exercises you should complete. Your exercises need to be done \_\_\_\_\_ times each. Hold for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times a day.

### Exercise One



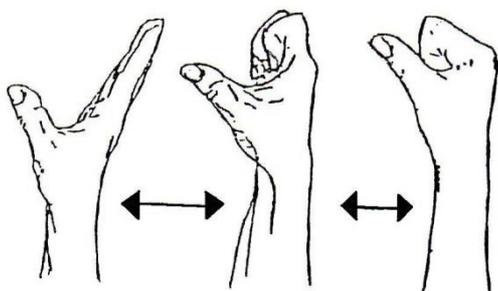
Holding the middle joint straight, gently bend and straighten the tip joint

### Exercise Two



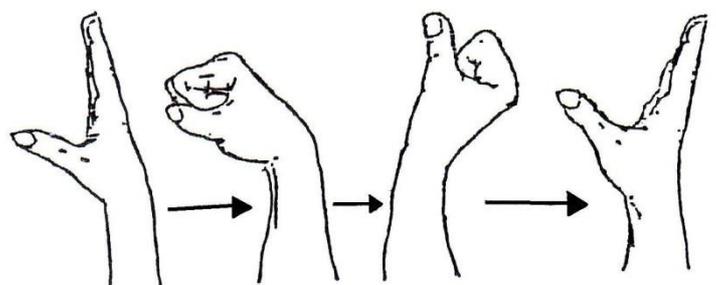
Holding the knuckle straight, gently bend and straighten the middle joint keeping the tip joint straight.

### Exercise Three



Start with your fingers straight, and then move them into a 'hook' position. From there roll your fingers around into a full fist.

### Exercise Four



Start with your fingers straight and your wrist bent slightly forward. Make a fist with your fingers. Keeping your fingers bent, straighten your wrist. Finally, straighten your fingers.

## Additional Instructions:

## Contact us

If you have any questions regarding the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment. For more urgent queries the team can be contacted on the **treatment enquiries** phone number listed below.

Your therapist is \_\_\_\_\_

**Treatment enquiries:** 020 8725 1038 (answer phone only)

**Appointments:** 020 8725 0007

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

