Hand Therapy Team – Therapies Department

TENDON GLIDING EXERCISES

Complete the sequence _____ times.
Repeat every _____ hours.
Hold each position for _____ seconds.

Other information: ……………………………………………
……………………………………………………………………
……………………………………………………………………

1) Straight
2) Hook
3) Table
4) Flat fist
5) Full fist

Therapist: _______________________________________________

Follow-up appointments line: 020 8725 0007
Treatment enquiries (answerphone only): 020 8725 1038

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