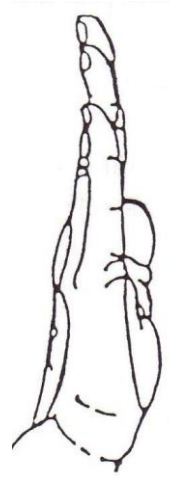
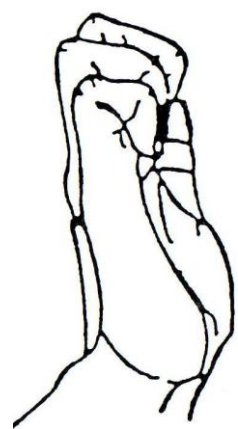

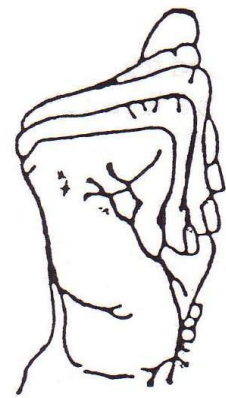



Hand Therapy Team – Therapies Department

TENDON GLIDING EXERCISES

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

Other information:
.....
.....

<p>1)</p>  <p>Straight</p>	<p>2)</p>  <p>Hook</p>	<p>3)</p>  <p>Table</p>	<p>4)</p>  <p>Flat fist</p>	<p>5)</p>  <p>Full fist</p>
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Therapist: _____

Follow-up appointments line: 020 8725 0007

Treatment enquiries (answerphone only): 020 8725 1038