

# Tendon Gliding Exercises

This leaflet explains about tendon gliding exercises for patients with hand or finger injuries under the care of the St George's Hospital hand therapy team. Please ensure that you only exercise as instructed by your therapist.

If you have any further questions or concerns, please speak to your therapist.

## Why should I do tendon gliding exercises?

You have two tendons in each of your fingers which make them bend. Tendon gliding exercises help to move these tendons independently of each other to improve the movement in your hand. You may find your joints and muscles feel stiff or painful to begin with but as you carry on with these exercises, this should get better.

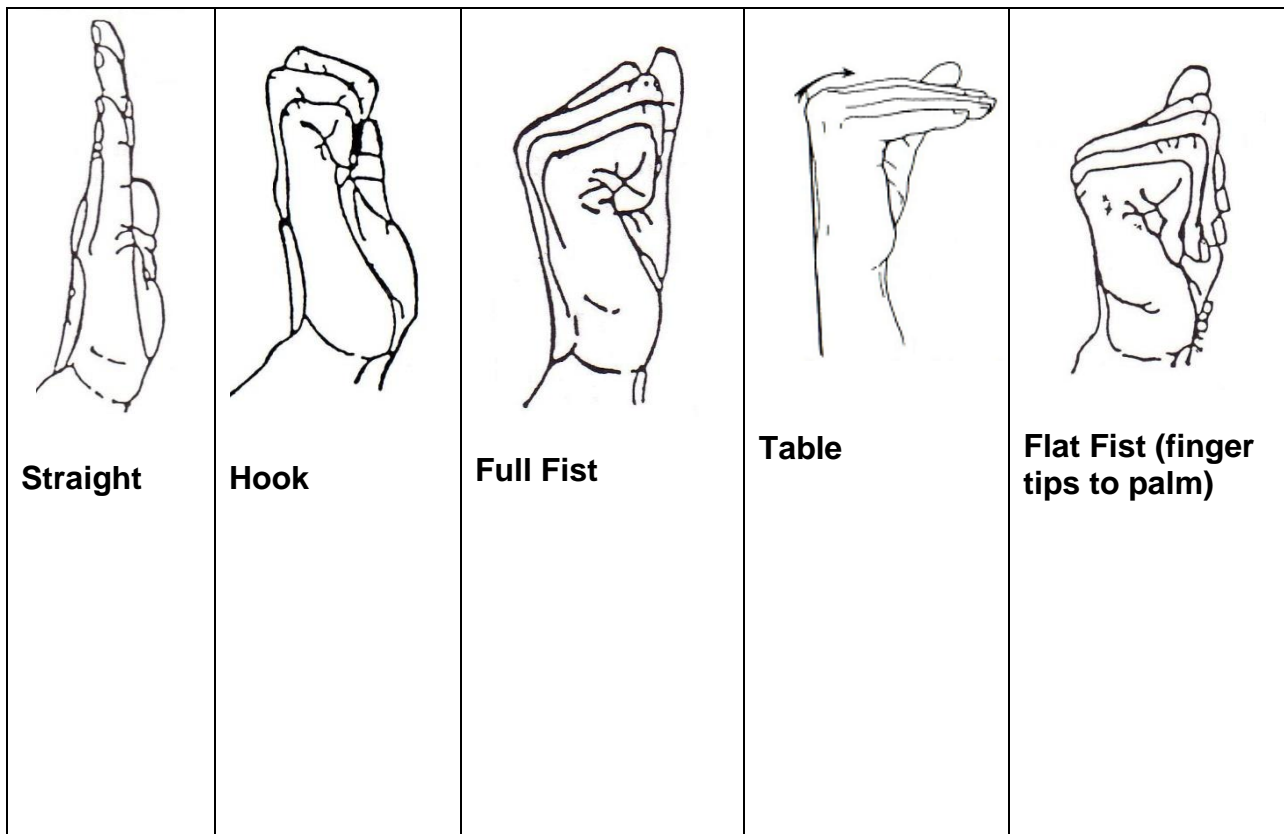
## How often should I do my exercises?

These exercises should be done \_\_\_\_\_ times per day.

You need to complete the sequence \_\_\_\_\_ times.

You should hold each position for \_\_\_\_\_ seconds.

## What exercises should I do?



## Additional instructions:

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## 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** telephone number listed below.

Your therapist's name is: \_\_\_\_\_

**Treatment enquiries:** 020 8725 1038 (answering machine 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)

## 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 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (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

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