

# 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.

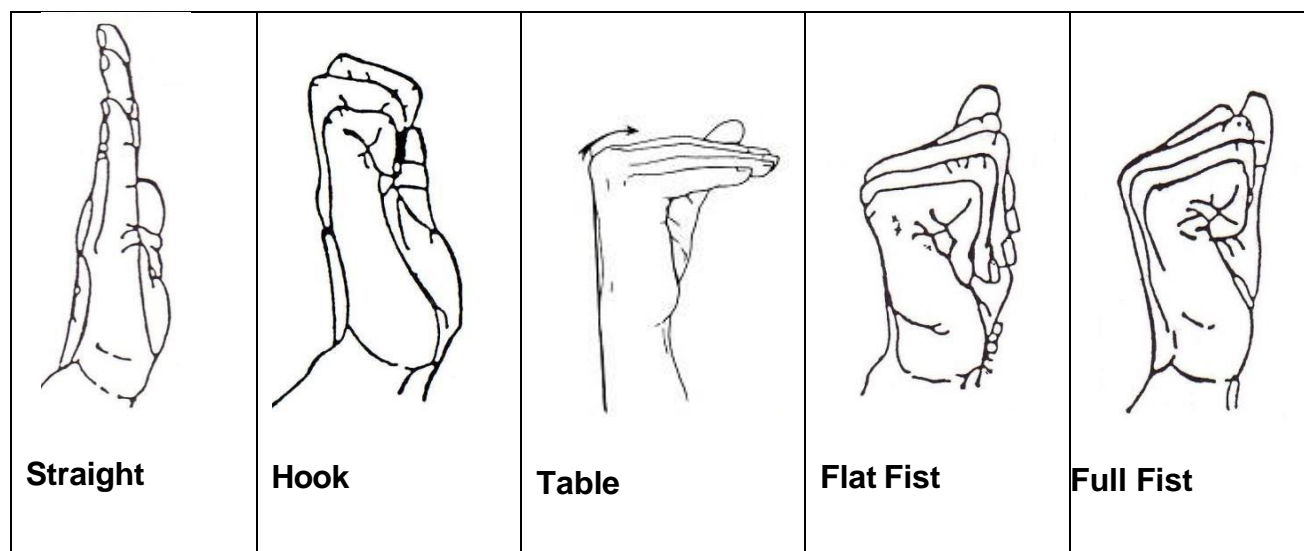
## How often should I do my exercises?

You need to complete the sequence \_\_\_\_\_ times. You should hold each position for \_\_\_\_\_ seconds.

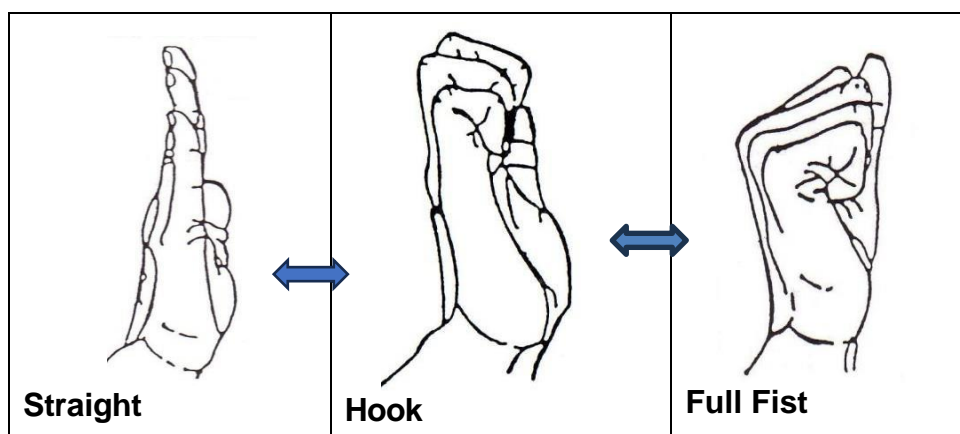
These exercises should be done \_\_\_\_\_ times per day.

## What exercises should I do?

### Sequence One ☐



## Sequence Two □



## 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: \_\_\_\_\_

Or scan  
here



Treatment enquiries: 020 8725 1038

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)

## Was this information helpful? Yes / No

Please let us know, contact [patient.information@stgeorges.nhs.uk](mailto:patient.information@stgeorges.nhs.uk) and include the leaflet title.

Thank you.

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

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

### **NHS UK**

The NHS 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

### **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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