

Tendon Glides and Finger Range of Movement Exercises

This sheet is to help you maintain or regain range of movement in your fingers. Some exercises are done using your own muscle power (active), and others are done using your opposite hand to stretch your affected fingers (passive). You should start off with a few repetitions of each, 2 to 3 times a day, and build up as you gain flexibility. These exercises may cause a muscle fatigue or aching sensation, or they may produce a stretching feeling if your fingers are tight. They should not cause any sharp or lasting pain, so if this is occurring, please contact us.

Tendon Glides

This can be done as a staged movement pausing in each position for a few seconds, or as a more flowing movement.

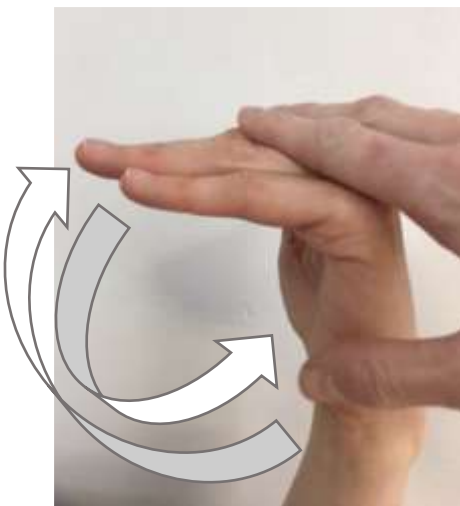


Blocked Flexion

These exercises separately work the two muscles that bend your finger. Hold the bend for a few seconds.

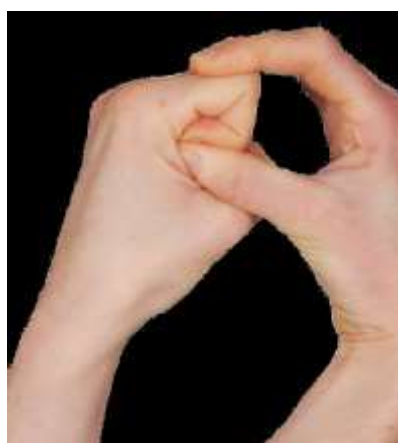


Blocked Extension



Bend your large knuckles to 90 degrees (see black lines), keeping your wrist straight. Place your other hand over the top of the fingers to block movement at the big knuckles and keep them in this position. Bend the fingers into a tight fist, then straighten them back out as far as you can, back to the start position.

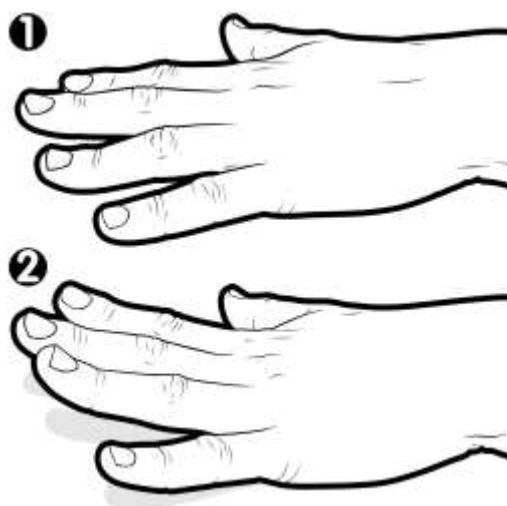
Passive Hook & Passive Fist



Hook stretch: Using your other hand, bend the affected finger into a hook position, and hold, as tolerated, for 20 to 30 seconds.

Fist stretch: Using your other hand, bend the affected finger into a full fist position and hold, as tolerated, for 20 to 30 seconds.

Stretch your finger fully straight between exercises.



Finger extension: Place your hands flat, keeping your palms on the table, and then lift your fingers up towards the ceiling and hold for several seconds.