

Occupational Therapy TOOLKIT

Tendon Gliding Exercises

Hold each position 5 seconds.

Repeat the sequence of all movements' up to 5 times

Perform these exercises up to 5 times a day

Hold your wrist straight. Straighten your fingers and stretch your thumb to the side.



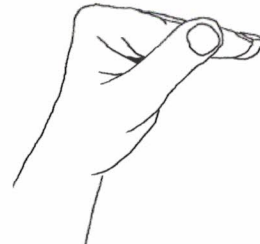
Hold your wrist straight. Keep your knuckles straight and bend your finger joints down.



Hold your wrist in neutral. Make a fist with your thumb wrapped over the front of your fingers.



Hold your wrist in neutral. Keep your knuckles bent and straighten your fingers.



Hold your wrist in neutral. Reach the tips of your fingers down towards your wrist and stretch your thumb back.

