








Tendon Gliding

Tendons are tissue that connect muscle to bone. Tendon adhesion means the tendons have become attached to other tissue around it, which can limit movement. This can happen after a trauma or surgery. Tendon adhesion can be prevented or reduced by doing tendon gliding exercises. These allow each tendon to reach its greatest amount of movement and can help reduce hand swelling.

Repetitions _____ Times per day _____

<p>1. Straight</p> 	<p>2. Flat top</p> 	<p>3. Flat fist</p> 
<p>4. Straight</p> 	<p>5. Hook</p> 	<p>6. Fist</p> 