

Points to Remember...

- These exercises may seem simple but it is only when your hand does not move so well you realise just how debilitating it can be.
- The anatomy inside our hands is fascinating– there are numerous intricate muscles, bones, tendons and other structures that all work together to perform very complex tasks.
- These exercises aim to keep your tendons gliding as they should and maintain full range of motion in the many joints of your hands.



Remember: Ask your Occupational Therapist if you are unsure about anything about your child's care.

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Additional instructions



Children's Health Ireland

Tendon Glides



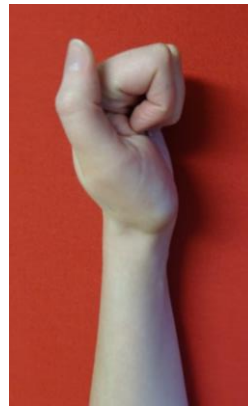
Occupational Therapy Department



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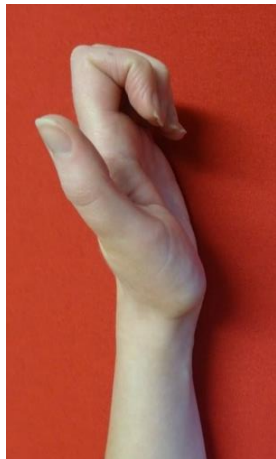
1. Start by stretching out your fingers so they are all straight



3. Now curl your fingers right down so that they touch your palm



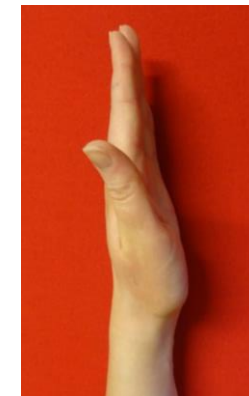
5. Bring your fingers down so that the tips of your fingers touch your palm but the tops of your fingers are straight



2. Now slowly curl your fingers down towards your palm



4. Bend the knuckles at the base of your fingers down but keep your fingers straight



6. Straighten up your fingers again—this is a very important step so try not to rush and start the next set too quickly