

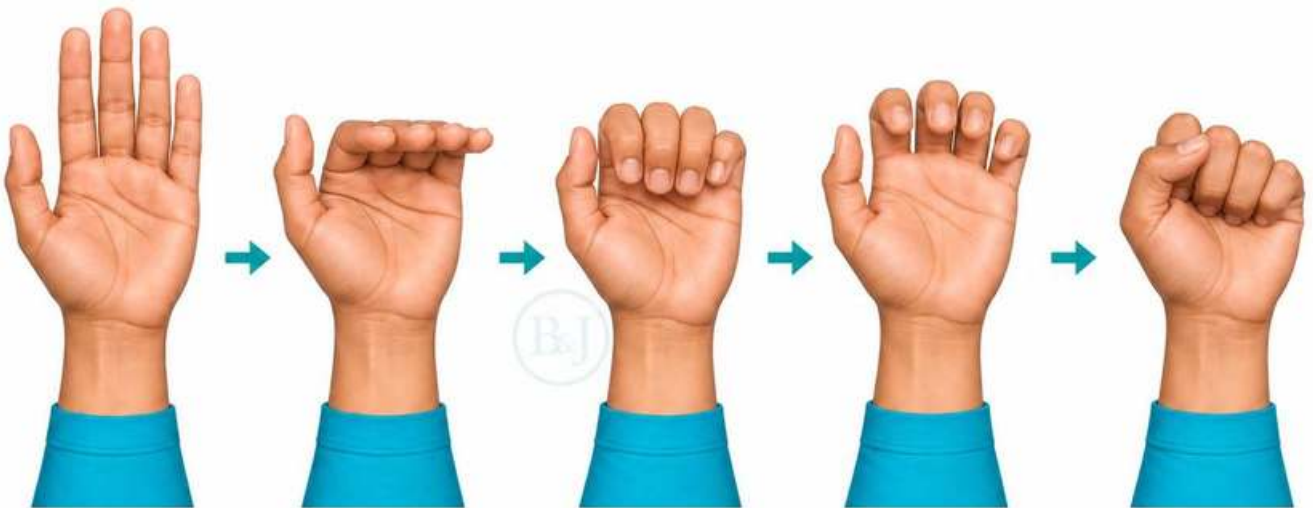
Hand tendon glide exercises

Trigger finger



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Tendon glides



Straight, hook, full fist, straight. Move slowly and do not force through a catch.

10 times**3 times a day****✓ Should feel**

The tendon gliding

X Should not feel

Forcing a locked finger



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sheet 22

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Monday to Saturday · Sunday by prior appointment only

2

Composite fist



Make a full fist slowly, then open fully.

10 times

3 times a day

✓ **Should feel**

Full movement

✗ **Should not feel**

Catching that hurts



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3

Palm-up finger stretch



Gently straighten the fingers back with the other hand.

Hold 15 seconds

5 times

✓ **Should feel**

A stretch in the palm

✗ **Should not feel**

Sharp pain



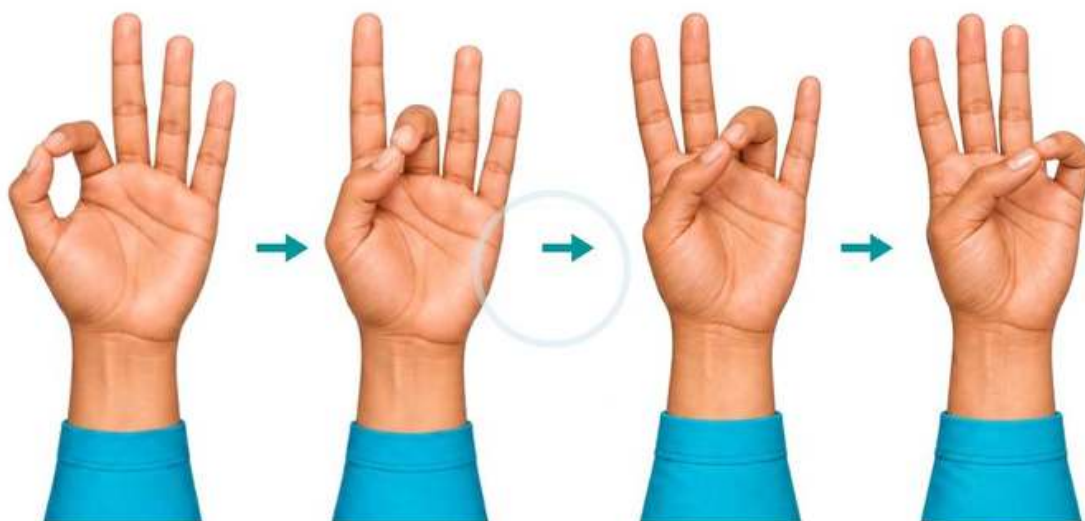
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Touch each fingertip to the thumb in turn.

10 rounds

2 times a day

✓ **Should feel**
Smooth control

✗ **Should not feel**
Locking

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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