



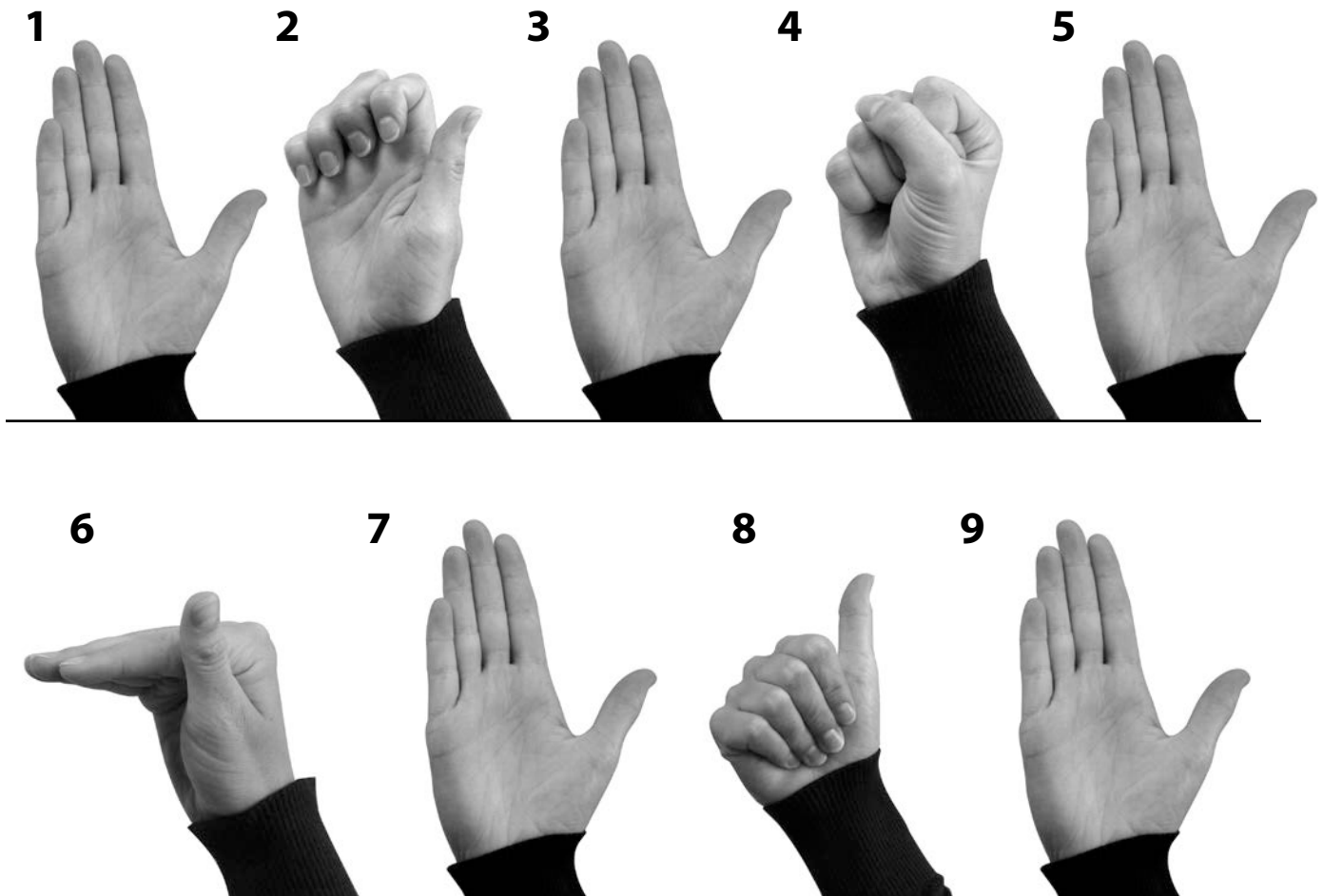
Tendon Glide Exercises

Adapted from <http://www.carpal-tunnel-symptoms.com/tendon-glide-exercises.html>

Date: April 2018

There may be some discomfort when starting the exercises (just like any exercise program), but that should decrease in a day or two. As with any exercise program, you are encouraged to consult with your health care professional prior to performing the actions outlined in this resource.

**Perform the exercises in cycles of five—both hands at the same time.
Repeat the cycles three to four times per day.**



Position 1:

Hold your hands in front of you with your arms bent at the elbows like goal posts 12-18 inches apart. Keep your hands parallel to your body while doing the series.

Position 2:

Curl your fingers down into your palm (like making the letter "E" in sign language). Allow your thumbs to move in a position that is comfortable.

Position 3:

Return to position 1—goal posts.

Position 4:

Make a complete fist with your hand, allowing your thumb to curl over your fingers.

Position 5:

Return to position 1—goal posts.

Position 6:

Bend your hands at the third knuckle down toward your wrist. Your hand should be like an upside down "L" keeping your thumbs pointing up on the outside of your hand.

Position 7:

Return to position 1—goal posts.

Position 8:

Bend your hand down so your fingers make an upside down "U." If you can, touch the base of your hand with your fingertips. Allow your thumb to move as needed.

Position 9:

Return to position 1—goal posts.

Members who have questions should contact their MCIT loss control consultant toll-free at **1.866.547.6516**.

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