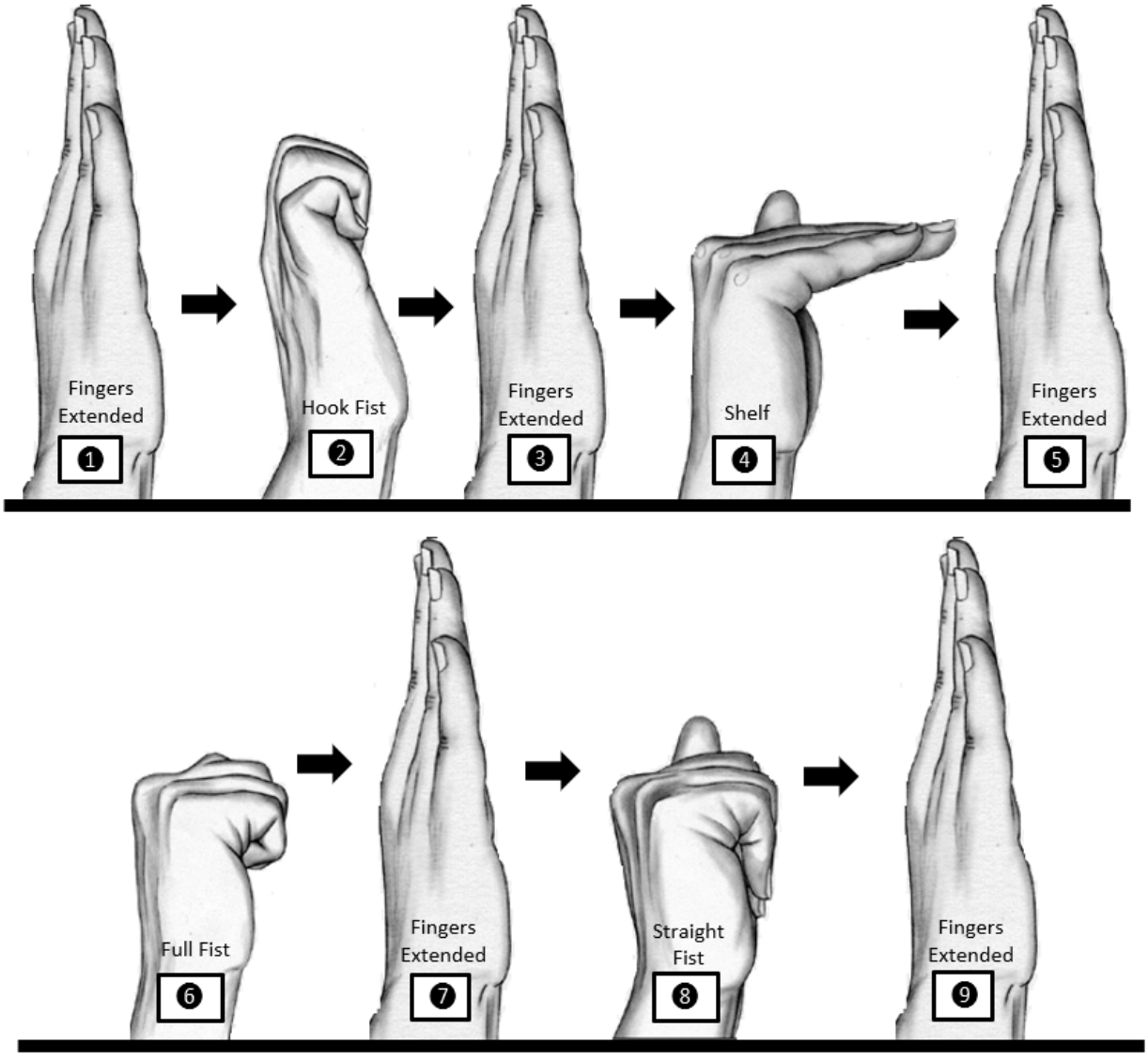
Flexor Tendon Gliding Exercises

Flexor Tendon Gliding Exercises

The following exercises should be performed 10-15 reps, hourly until you have regained full range of motion.

Perform them slowly and to your maximum range. Hold 2 seconds before changing direction. Perform these exercises in a cycle, with one cycle equaling one repetition.



If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.