

Flexor Tendon Exercises

These exercises are to be done every hour during the day.

Remove the top strap of your splint before doing your exercises.

Picture 1



1. Using your good hand, slide your index finger behind the middle knuckle and place your thumb on the nail of your injured finger. Gently push the finger towards the palm of your hand (see picture 1). Hold it there for 5 seconds.

Straighten the finger on its own back to touch the splint. Do not push the finger back. Do this with each finger of your injured hand. Repeat this 5 times.

2. Using your good hand, bend all fingers of your injured hand in together to 3 fingers breadth from the palm of your hand (see picture 2).

Take away your good hand and hold your injured fingers there without much force - as if holding a bubble (see picture 3). Straighten the fingers back together to the splint. Repeat 5 times.

Picture 2



Picture 3



3. Slowly bend all the fingers of your injured hand in together towards your palm, to 3 fingers breadth from the palm of your hand (see picture 2). Straighten them back together to the splint. Do not push them back. Repeat this 10 times.