

**Central Vermont Medical Center** ORTHOPEDICS & SPORTS MEDICINE Sep 17, 2010 Flexor Tendon Gliding

## HAND - 8 AROM: Finger Flexion / Extension

Actively bend fingers of hand. Start with knuckles furthest from palm, and slowly make a fist. Hold 4 seconds. Relax. Then straighten fingers as far as possible.

Repeat 1 times per set. Do <u>10</u> sets per session. Do <u>4-6</u> sessions per day.

