

Hand therapy

Active tendon gliding exercises

Information for patients, relatives and carers

Do these exercises how your therapist showed you.

These exercises will help to restore and maintain the movement in your fingers. The exercises might feel uncomfortable to start with. If you practice them often it will get easier, and your movement will improve.

Number of times to repeat:

Number of times to perform each day:



Straight fingers

Hook fist

Table top



Aim to move your uninjured fingers at the same time as your injured finger(s)

Keep your wrist straight and still as you move your fingers.

Straight fist

Full fist

Useful contact details

To reschedule an appointment:

- 1) Phone: 020 3311 0333
Option 1: If your appointment is on the same day.
Option 2: If your appointment is another date in the future.
- 2) Email : appointments@imperial.nhs.uk

To contact a therapist : imperial.handtherapyimperial@nhs.net

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:
Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY Email: ICHC-tr.Complaints@nhs.net Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

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