

Tendon Glides

Help Fight Wrist Pain

The carpal tunnel is a narrow, rigid passage formed by the carpal bones of the wrist and the tough, inelastic transverse carpal ligament. Traveling through the tunnel are nine flexor tendons and the median nerve. The flexor muscles originate in the forearm and attach, as tendons, to bones of the fingers and thumb. As these muscles contract to bend the fingers, the tendons slide through the carpal tunnel. Four of the nine tendons bend the tips of the fingers; another four of the nine tendons bend the middle joints of the finger, and the ninth tendon bends the thumb tip.

The purpose of these exercises is to isolate the tendons as they glide through the carpal tunnel to breakup and minimize microscopic adhesions, reduce congestion, and improve lubrication in the tendons. Taking 2-3 minutes for stretching every hour while working will improve your comfort. Studies suggest that these mini rest-breaks may actually increase your productivity by the end of the day!



Straight



Hook Fist



Straight Fist



Full Fist



Thumb Flex

Hook Fist

Touch your fingers to the top of your palm. The large knuckles should be pulled back as much as possible. *(done about 10 times)*

Straight Fist

Touch your fingers to the bottom of your palm. The tips of your fingers should be straight. *(done about 10 times)*

Full Fist

Touch your fingers to the middle of your palm. All three finger joints should be bent. *(done about 10 times)*

Thumb Flex

Start with your thumb pulled back from you palm as if you are hitchhiking, then move your thumb across your palm and try to touch the tip of the thumb to the bottom of the little finger. *(done about 10 times)*

At home, these exercises should be followed by 2-3 minutes of vigorous massage along the forearm muscles, forearm/wrist stretching and ten minutes of icing on the forearm and wrist.

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