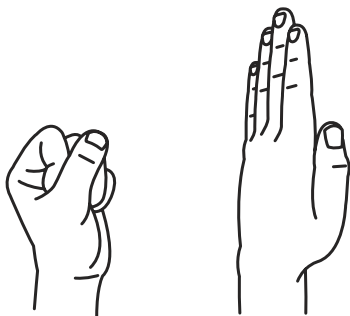


# Occupational Therapy – Kids health information

## FDS tenolysis exercises

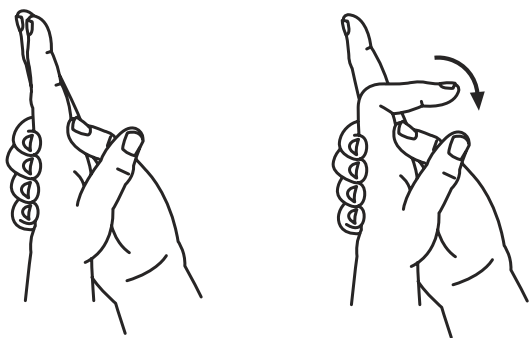


### 1. Fist



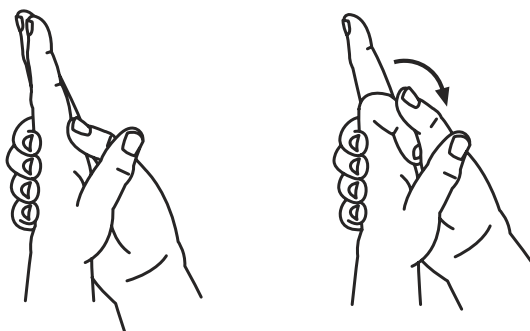
- ▶ Make a fist by bending your fingers.
- ▶ Hold for          seconds.
- ▶ Then straighten your fingers.
- ▶ Repeat          times.

### 2. Finger bends



- ▶ Use your other hand to hold your knuckle joint straight, then bend your finger down.
- ▶ Hold for          seconds.
- ▶ Then straighten your finger.
- ▶ Repeat          times.

### 3. Assisted finger bends



- ▶ Use your other hand to hold your knuckle joint straight, then push your finger down (at the middle joint) until you feel a stretch.
- ▶ Hold for          seconds.
- ▶ Then straighten your finger.
- ▶ Repeat          times.

Name of Therapist:

Phone:

Please contact your occupational therapist if you have any queries about the above information.