

Tendon Gliding Exercises



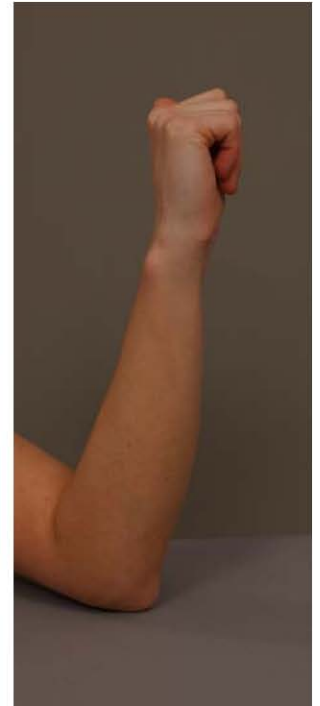
Straight



Hook



Fist



Straight Fist

Start with your fingers straight every time.

Make one type of fist at a time with your fingers.

Curl your thumb down into your palm as much as possible, then stretch it out as far as possible.

Do each exercise _____ repetitions, _____ times daily.