

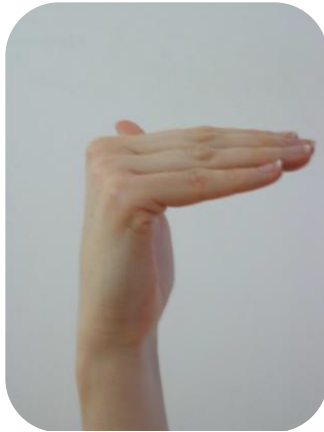
Tendon Gliding Exercises

Warm up your hand before each set if possible. You can do this with warm water or a hand warmer.

1. Fingers straight
into full extension



2. Knuckles bent, fingers straight
Table top position



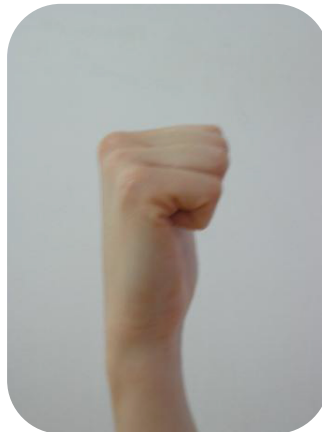
3. Knuckles straight,
fingers bent into hook



4. Half fist, finger tips straight



5. Full fist



Repeat _____ times _____ per day.