







# Tendon Glide Exercises

Hold \_\_\_\_ seconds, \_\_\_\_ repetitions, \_\_\_\_ time(s) daily

	
<p>1. Start with fingers straight every time.</p>	<p>2. Make a hook fist by keeping large knuckles straight and bending middle and tip joints.</p>
	
<p>3. Make a full fist by bending all knuckles.</p>	<p>4. Make a straight fist by keeping tip joints straight.</p>
	
<p>5. Curl thumb into palm as far as possible.</p>	<p>6. Then stretch thumb out as far as possible.</p>