



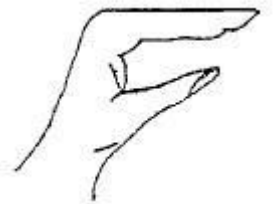
Tendon Glide Exercises

Home Program Instruction Sheet

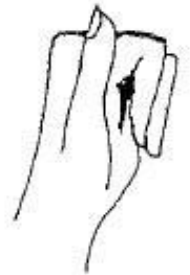
1. Start with fingers held **straight** and flat.



2. Bend fingers from base keeping middle and tip joints straight.
It looks similar to a **duck bill**.



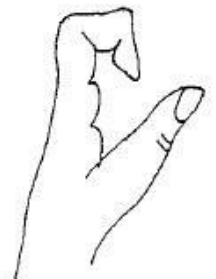
3. Add a bend to the middle joints to produce a **“flat fist”** with tip joints still straight.



4. Add the last joint to make a **full fist**.



5. Relax the fist enough to straighten just the base of the fingers, keeping the middle and tip joints bent. This produces a **“claw”** or **“hook”** type position.



6. Straighten the fingers back up again.

7. Relax, and repeat _____ times _____.