

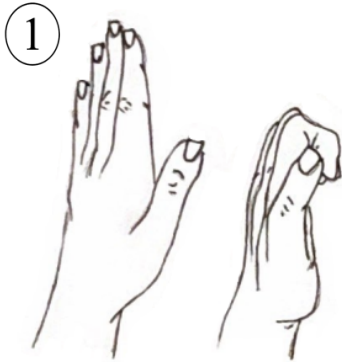


Tendon Glides Home Exercise Program

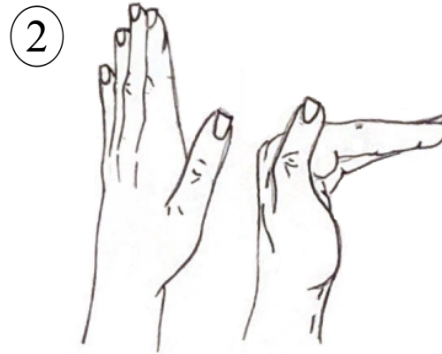
Hold each stretch for _____ seconds

Repeat _____ times

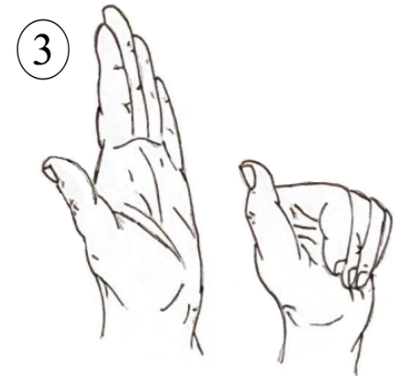
Do _____ times per day



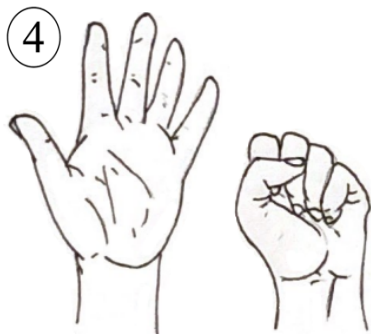
- Start with fingers fully straightened
- keep large knuckles straight while bending fingers into a "hook"



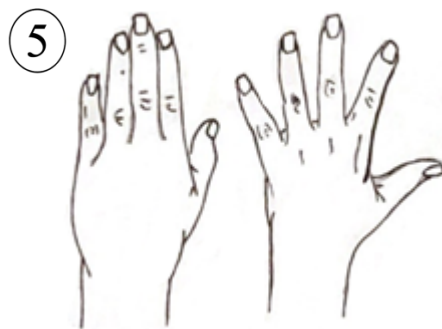
- Start with fingers fully straightened
- Bend the large knuckles while keeping fingers straight like a "table top"



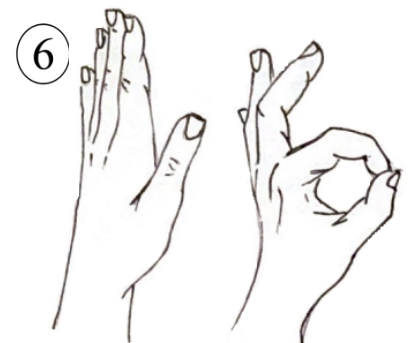
- Start with fingers fully straightened
- Bend at the large and middle knuckles, keeping the fingertip knuckle straight



- Start with fingers fully straightened
- Bend fingers into a full fist



- With fingers fully straightened, spread fingers apart



- Touch tip of thumb to each fingertip, making an "O" shape