Tendon Gliding Exercises

1. Start with your **fingers and wrist straight every time**.
2. Make each type of ______ times.
3. Hold each one for ______ seconds.
4. Do these exercises ______ times every day.

Straight        Hook             Fist      Table top   Flat Fist

Blocking Exercises

**DIP joints**
1. Repeat _____ times
2. Hold for _____ seconds
3. Do _____ times every day

**PIP joint**
1. Repeat _____ times
2. Hold for_____ seconds
3. Do _____times every day

Please call if you should have any questions

Therapist____________________________________________Date:____________________