



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



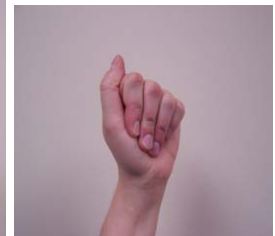
Hook



Fist



Table top



Flat Fist

Blocking Exercises

DIP joints

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



DIP joint

PIP joint

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



PIP joint

Please call if you should have any questions

Therapist _____ Date: _____