

TENDON GLIDING EXERCISES

This exercise is important for isolated gliding of your tendons in each finger. Make sure to keep your wrist straight for every exercise. You will start and end with your fingers straight every time.

1. Bend your fingers at the first knuckle only, making a flat top. (*Fig. 1A*) Hold for 5 seconds, then straighten fingers.



(*Fig. 1*)



(*Fig. 1A*)

2. Hook your fingers, keeping your first knuckles straight. (*Fig. 2A*) Hold for 5 seconds and straighten fingers.



(*Fig. 2*)



(*Fig. 2A*)

3. Make a full fist. Bring your fingers as close to the palm as possible, make sure you bend all three finger joints. (*Fig. 3A*) Hold for 5 seconds, then straighten fingers.



(*Fig. 3*)



(*Fig. 3A*)

4. Make a flat fist trying to touch the bottom of your palm. (*Fig. 4A*) Hold for 5 seconds, then straighten fingers.



(*Fig. 4*)



(*Fig. 4A*)