

TENDON-GLIDING EXERCISES

Ι	Oo each exercise tin	mes, times a da	y.
prevented or redu allow each tendor also reduce hand	ns may result after ced by tendon-glidi to reach its greate swelling. Tendon-g robic exercise is to	ing exercises. T est amount of maliding exercises	hese exercises ovement. They
☐ Start with your f	ingers straight eve	ry time you do t	hese exercises.
•	with your fingers to wrist and at the k		•
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^{*}If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.



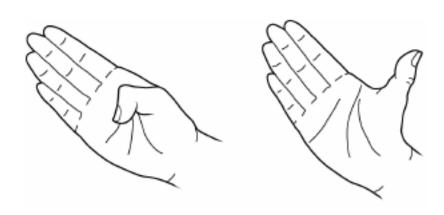
- 1.) Hook Fist
- 2.) Straight Fist
- 3.) Full Fist







☐ Curl your thumb into your palm as far as possible then stretch it out as far as possible.



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