

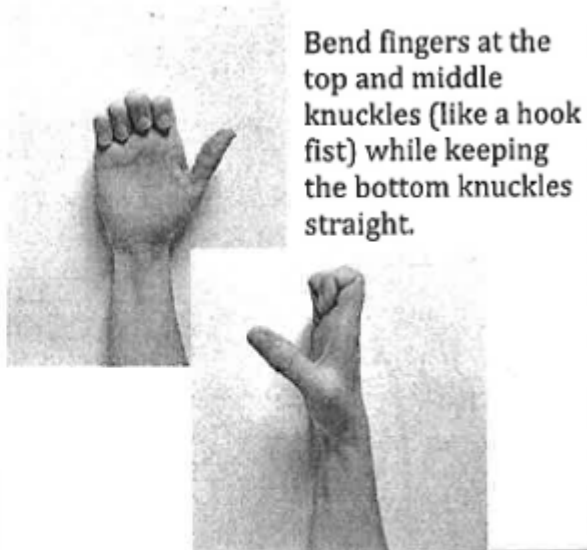
# Tendon Gliding

Tendon Gliding - Part 1



Straighten fingers of involved hand as shown.

Tendon Gliding - Part 2



Bend fingers at the top and middle knuckles (like a hook fist) while keeping the bottom knuckles straight.

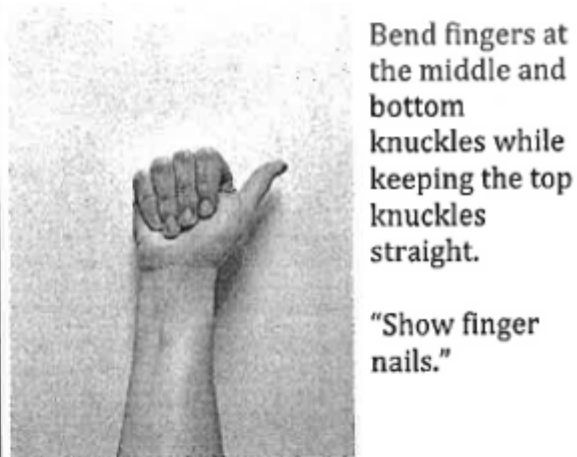
Tendon Gliding - Part 3



Bend fingers at the bottom knuckles while keeping the top and middle knuckles straight.

"Duck Bill"

Tendon Gliding - Part 4



Bend fingers at the middle and bottom knuckles while keeping the top knuckles straight.

"Show finger nails."

Tendon Gliding - Part 5



Bend all knuckles of your fingers as shown (to make a full fist).

"Hide finger nails."

Notes:

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