

Hand Therapy

Tendon gliding exercises

Do ____ exercise sessions per day.

Repeat each exercise ____ times.

Hold each position for ____ seconds.



Straight

Hook

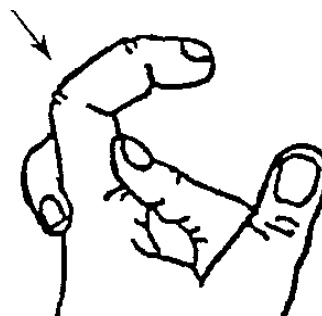
Fist

Table top

Straight fist



Bend and straighten the tip of your finger.



Keeping your other fingers straight, bend and straighten the middle joint of your finger.

Please contact your therapist if you have any queries or concerns.

Therapist _____ Phone Number _____

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