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## **TENDON GLIDING EXERCISES**







**FIST** 





**STRAIGHT** 

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TABLE TOP

STRAIGHT FIST

- Start with your fingers and wrist straight every time.
- Make each type of fist 5 times and hold for 5 seconds.
- Do these exercises 5 times every day.

## **BLOCKING**





- Flex joint 5 times and hold for 5 seconds.
- Do these exercises 5 times every day.



**Blocking exercises to PIP Joint**