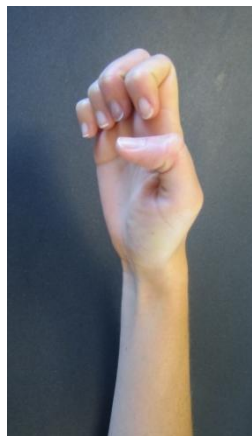


TENDON GLIDING EXERCISES



STRAIGHT



HOOK



FIST

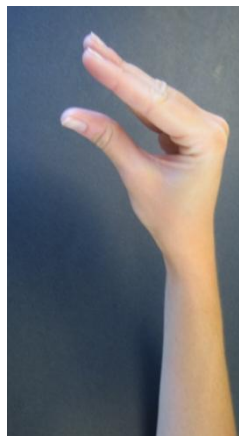
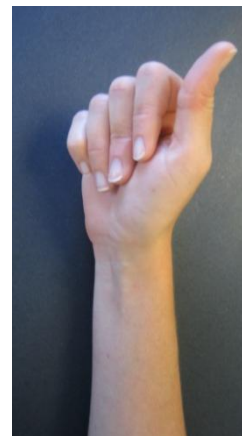


TABLE TOP



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



Blocking exercise to DIP Joint



Blocking exercises to PIP Joint

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