Tendon Glides Home Exercise Program

Hold each stretch for _____ seconds              Repeat _____ times              Do ____ times per day

1. Start with fingers fully straightened
   keep large knuckles straight while bending fingers into a “hook”

2. Start with fingers fully straightened
   Bend the large knuckles while keeping fingers straight like a “table top”

3. Start with fingers fully straightened
   Bend at the large and middle knuckles, keeping the fingertip knuckle straight

4. Start with fingers fully straightened
   Bend fingers into a full fist

5. With fingers fully straightened, spread fingers apart

6. Touch tip of thumb to each fingertip, making an “O” shape

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