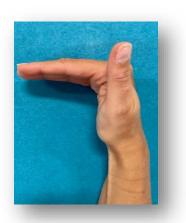


## **TENDON GLIDING EXERCISES**







STRAIGHT HOOK SHELF



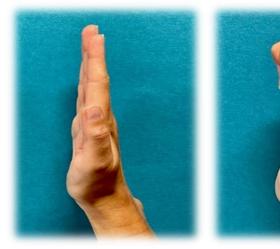


STRAIGHT FIST FULL FIST

Perform exercises 5 times a day Hold each position 3-5 seconds Repeat cycle 10 times



## **TENDON GLIDING EXERCISES**







STRAIGHT HOOK SHELF





STRAIGHT FIST FULL FIST

Perform exercises 5 times a day Hold each position 3-5 seconds Repeat cycle 10 times