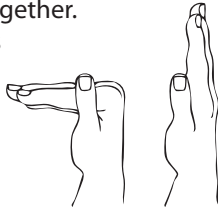


# Tendon Gliding Exercises

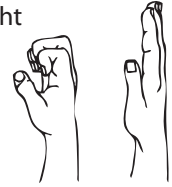
## AROM Finger Lumbricals Flex/Extension

- Begin with fingers straight and together.
- Bend at MP joints keeping fingers straight, as if waving.
- Straighten and repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



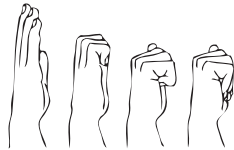
## AROM Finger PIP Flex/Extension Intrinsic

- Begin with fingers and thumb straight and together as shown.
- Bend just the top two joints of the fingers and just the top joint of the thumb toward the palm..
- Straighten and repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



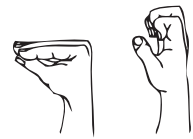
## AROM Hand/Finger Tendon Glide

- Start with fingers straight.
- Make hook fist, return to straight hand.
- Make full fist, return to straight hand.
- Make straight fist, return to straight hand.
- Repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



## AROM Hand Intrinsic

- Start with fingers curled, thumb bent, as shown.
- Straighten fingers and thumb together as shown.
- Repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature \_\_\_\_\_

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