

Tendon Gliding and Blocking Exercises

Do each exercise _____ times

Hold for _____ seconds.

Do these exercises _____ times each day.



STRAIGHT



HOOK



FULL FIST

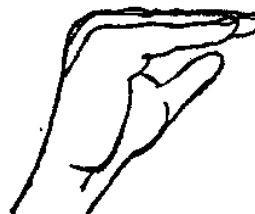


TABLE TOP



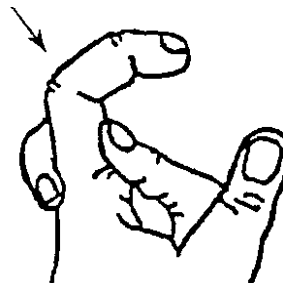
STRAIGHT FIST

DIP Joint



Bend and straighten the tip ("DIP") of your finger

PIP Joint



Keeping your other fingers straight, bend and straighten the middle joint of your finger ("PIP")

Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100