

# Tendon Gliding Exercises

Do each exercise \_\_\_\_\_ times

Hold for \_\_\_\_\_ seconds.

Do these exercises \_\_\_\_\_ times each day.



STRAIGHT



HOOK



FULL FIST

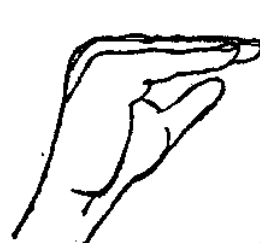


TABLE TOP



STRAIGHT FIST

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

Therapist: \_\_\_\_\_

Phone: (07) 3646 7100