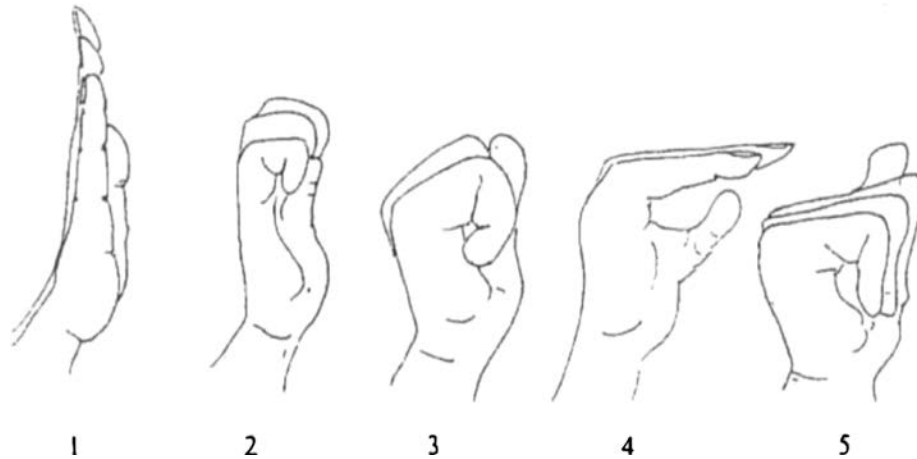




## Tendon Gliding Exercises

1. Start each step with your **fingers and wrist straight every time.**
2. Hold each step for 5 seconds
3. Do five cycles 3 times each day



## Blocking Exercises

### Blocked bending of top joint of fingers

1. Hold the finger so that only the end joint moves
2. Repeat for each finger 5 times



### Blocked bending of middle joint of fingers

1. Hold the finger so that only the middle joint move



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2. Repeat for each finger 5 times

