

Personal exercise program

Tendon gliding Exercises

Poole Hospital NHS Foundation Trust

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Provided by Corinna Cheng

Provided for

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Start with straight fingers.

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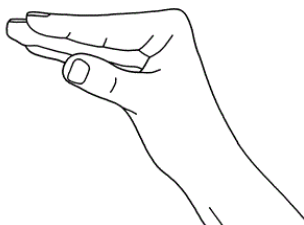
Hook fingers.

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Return to straight fingers.

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Keeping your fingers straight, bend your big knuckles down.

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Return to straight fingers.

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Wrist straight.

Make a fist keeping your fingertips only straight.

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Return to straight fingers.

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Make a fist, fully tucking fingertips in.

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