

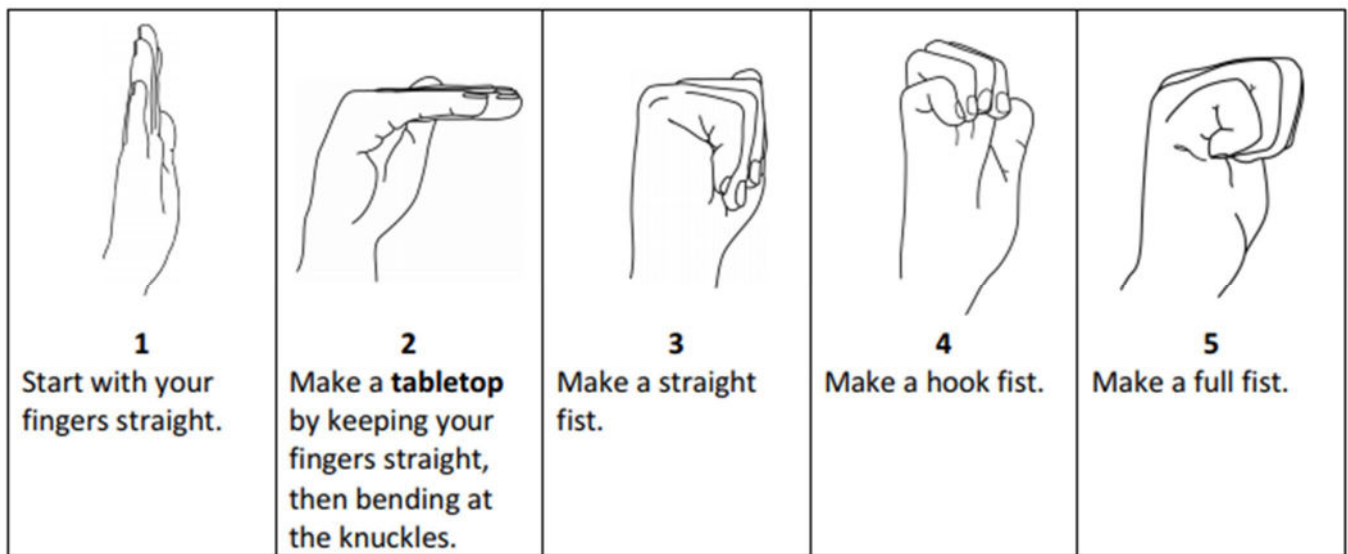


LANG HAND THERAPY

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Tendon Gliding Exercise



Assume these positions and hold for 3 seconds

Fully extend fingers (position 1) between each position

Repeat 10 times