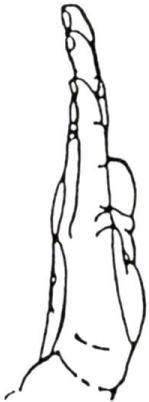


Tendon Gliding

Perform _____ repetitions _____ x day



Straight



Hook Fist



Straight Fist



Full Fist

The three different positions of tendon gliding exercises: hook fist, straight fist, and full fist

