

TENDON GLIDES

DIGITS EXTENDED



Start with wrist in neutral in an upright position and fingers in full extension.

HOOK FIST



Keep wrist in neutral and bend fingers at the PIP and DIP joint to about 90 degrees.

TABLE TOP



Bend MCPs to 90 degrees and keep PIP and DIPs in extension. Wrist should maintain upright and in neutral.

FLAT FIST



Bend MCP and PIPs at 90 degrees while keeping DIPs in full extension, pressing fingertips into the palm.

COMPOSITE FIST



Lastly, combine the movements at each joint to make a tightly closed fist.

*Repeat series 5-10x for 2-3x per day in order to help promote proper gliding of flexor tendons within hands and fingers. This is important for digit mobility, grip strength and overall hand function.