

# TENDON/NERVE GLIDES

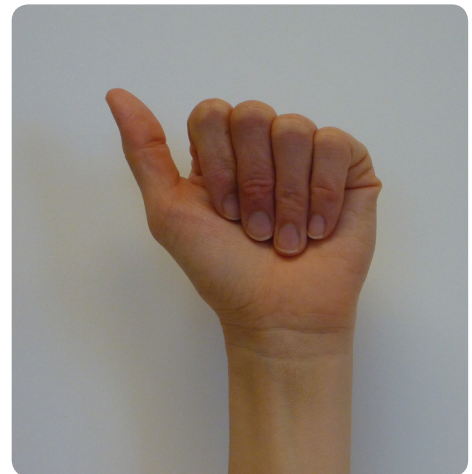
Hold \_\_\_\_\_ seconds    Do \_\_\_\_\_ reps    Do \_\_\_\_\_ time(s) daily



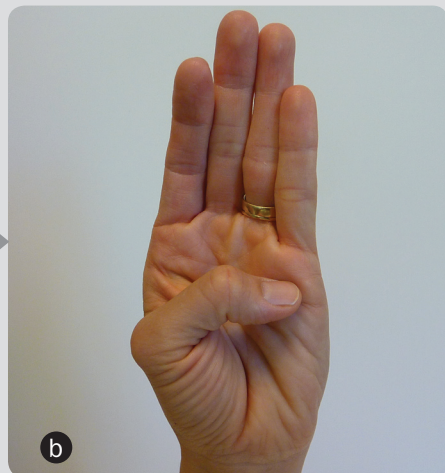
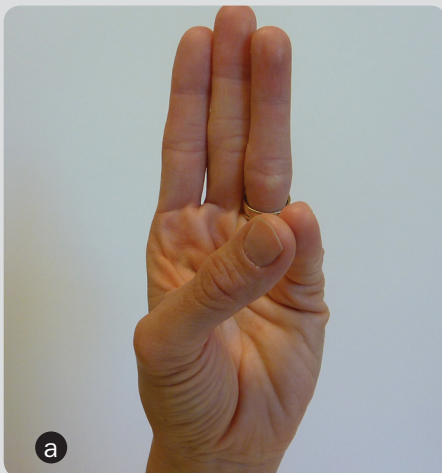
- 1 Bend all knuckles to make a full fist.



- 2 Bend middle and ring joints while keeping thumb and index knuckles straight.



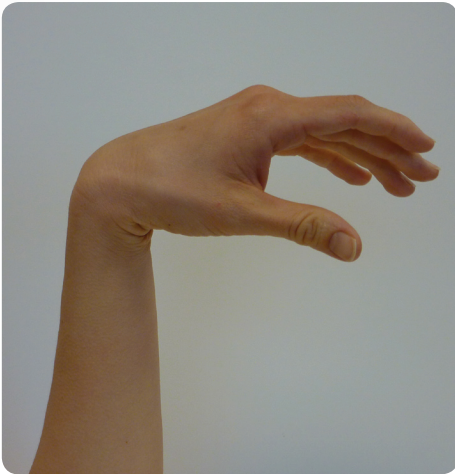
- 3 Bend thumb and index knuckles, keeping middle and ring knuckles straight.



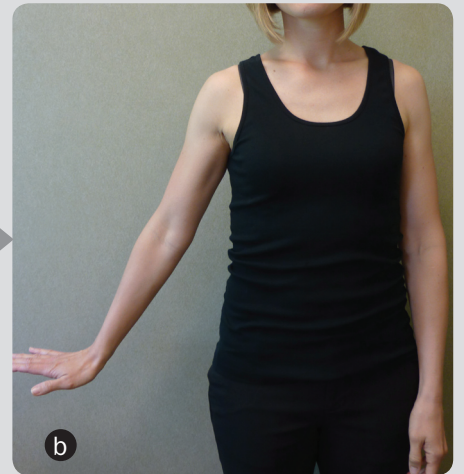
- 4 Touch tip of thumb to tip of pinky finger. Slide thumb down front of pinky into palm.

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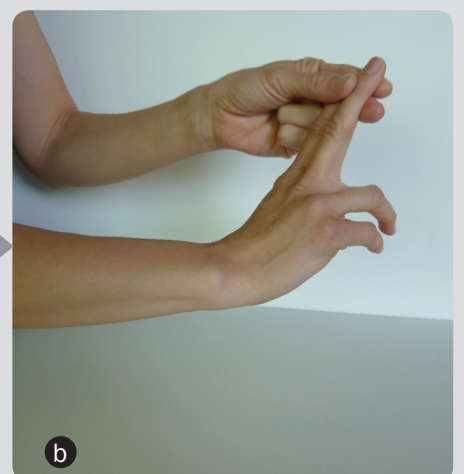
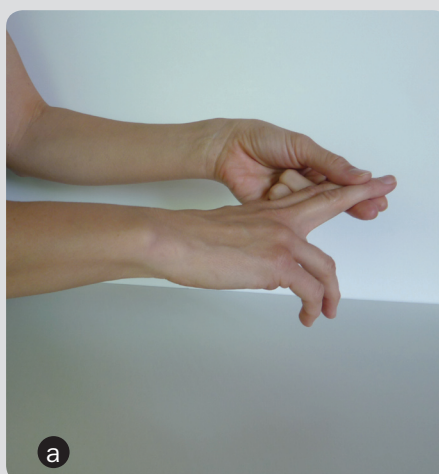
- 5 Actively bend wrist forward with fingers relaxed.



- 6 With arm cradled in front of you, slowly extend elbow, wrist and fingers back behind you. Slowly side bend your head towards your outstretched arm.



- 7 Make a light fist with affected hand. Bend wrist back.



- 8 Hold your middle and index fingers relaxed in other hand. Gently extend fingers and wrist back until mild tension is felt and then relax.