

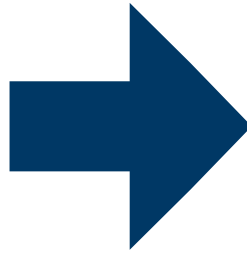
# KEEPING YOUR HANDS HEALTHY WITH TENDON GLIDES

Performing this series of exercises regularly can reduce joint stiffness in your hands.

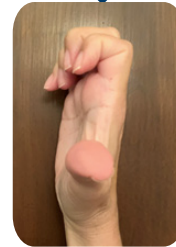
**BECAUSE YOU DO THIS**



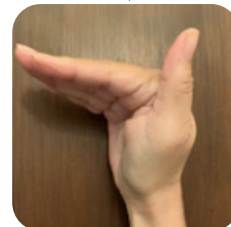
**COMPLETE SERIES 3 TIMES WITH HAND AT SHOULDER HEIGHT. REPEAT THROUGHOUT THE DAY.**



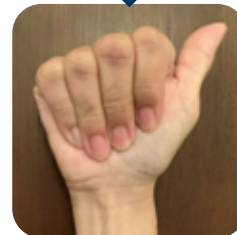
Straight



Hook



Shelf



Straight  
Fist



Full Fist