

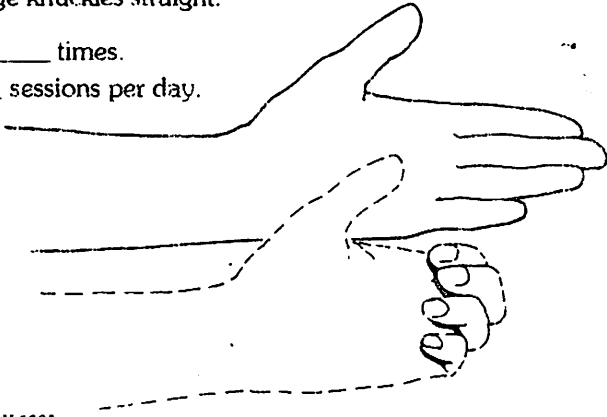
### FINGER - 33

Flexor Tendon Gliding (Active Hook Fist)

With fingers and knuckles straight, bend middle and tip joints.  
Keep large knuckles straight.

Repeat \_\_\_\_\_ times.

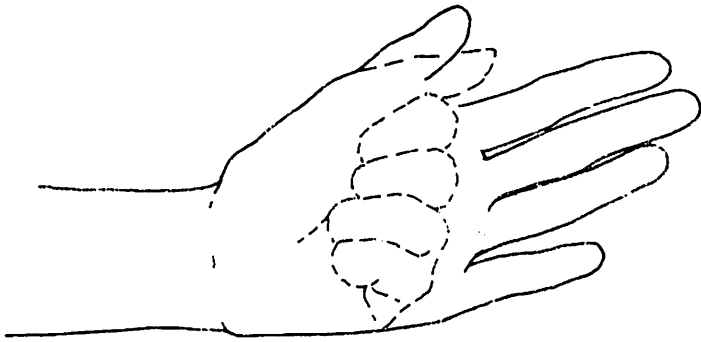
Do \_\_\_\_\_ sessions per day.



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### FINGER - 34

Flexor Tendon Gliding (Active Full Fist)



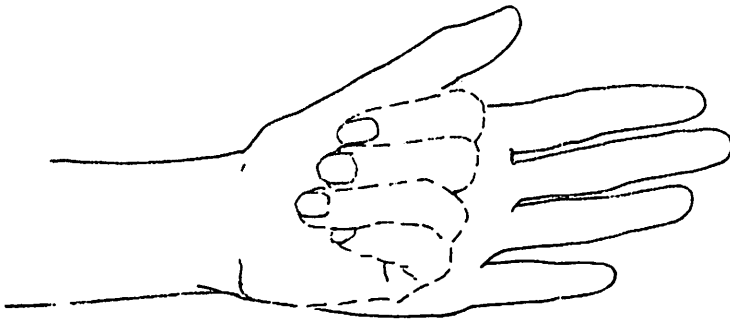
Start with fingers straight,  
make a fist bending all joints of fingers.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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### FINGER - 35

Flexor Tendon Gliding (Active Straight Fist)



Start with fingers straight, bend knuckles and middle joints.  
Keep fingertip joints straight to touch base of palm.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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### FINGER - 15

PIP Flexion (Active Isolated)



Bend only middle joint of \_\_\_\_\_ finger,  
keeping other fingers straight with other hand.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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