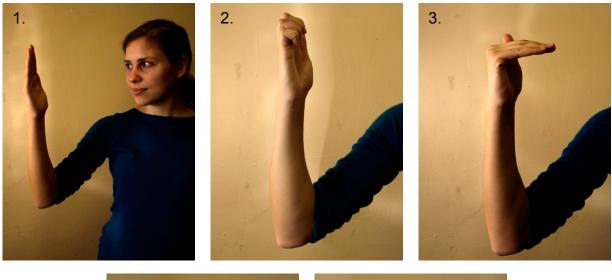
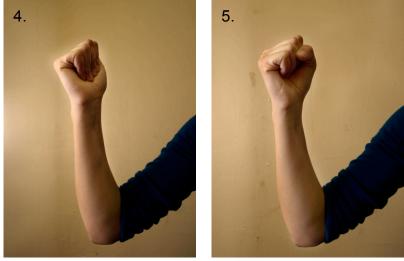


Tendon Glide

- 1. start with fingers and wrist straight
- 2. bend the first two rows of finger joints while keeping the closest row of knuckles straight
- 3. reverse and straighten the first two rows of joints while bending the close row of knuckles, making a "rooftop"
- 4. fold over the second row of joints and keep the first row straight
- 5. finally, bend all joints, including the thumb and squeeze, making a fist





580 Market Street, Suite 200 San Francisco, CA 94104 P: 415-788-2100 F: 415-788-2102 www.redhawkpt.com