



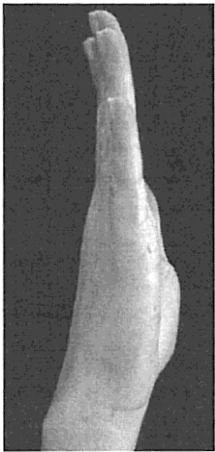
# STEVEN D. LIN, MD

ORTHOPAEDIC SURGEON  
HAND AND UPPER EXTREMITY SPECIALIST

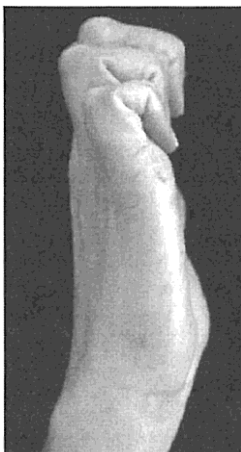
CONGRESS ORTHOPAEDIC ASSOCIATES  
289 W. Huntington Dr. Suite 103  
Arcadia, CA 91007  
(626) 821-0707

[www.StevenLinMD.com](http://www.StevenLinMD.com)

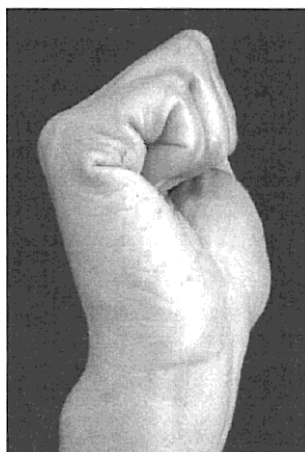
## TENDON GLIDING EXERCISES



STRAIGHT



HOOK



FULLFIST

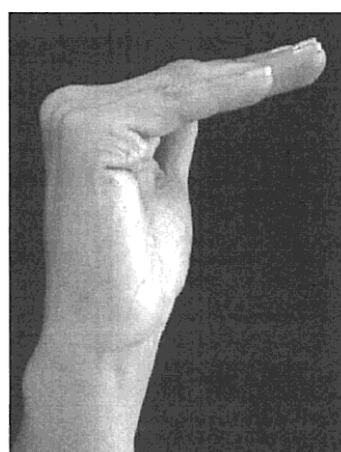
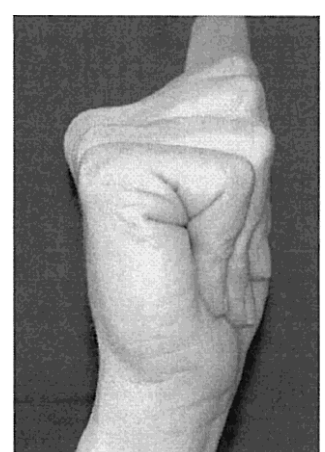


TABLE TOP



STRAIGHT FIST

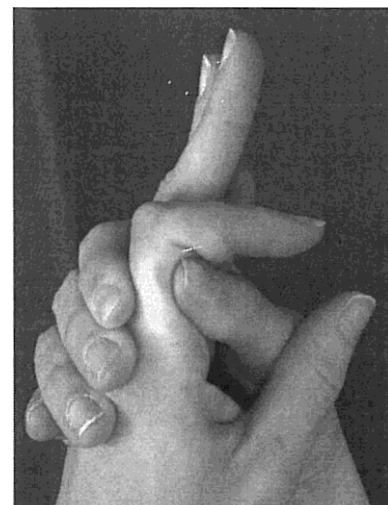
1. Start with your fingers and wrist straight every time.
2. Make each type of fist 5 times, holding for 3 seconds. Or perform in a sequence 5 times.
3. Perform these exercises 5 times a day.

## FINGER BLOCKING EXERCISES



Blocking for DIP joint

1. Support the finger firmly and hold your wrist straight as shown.
2. Bend only the tip of your finger 5 times, hold for 3 second count.
3. Perform these exercises 5 times a day.



Blocking for PIP joint

1. Support the finger firmly and hold your wrist straight as shown.
2. Bend only the middle knuckle, try to keep the tip relaxed.  
Bend 5 times, hold 3 secs.
3. Perform these exercises 5 times a day.