

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

