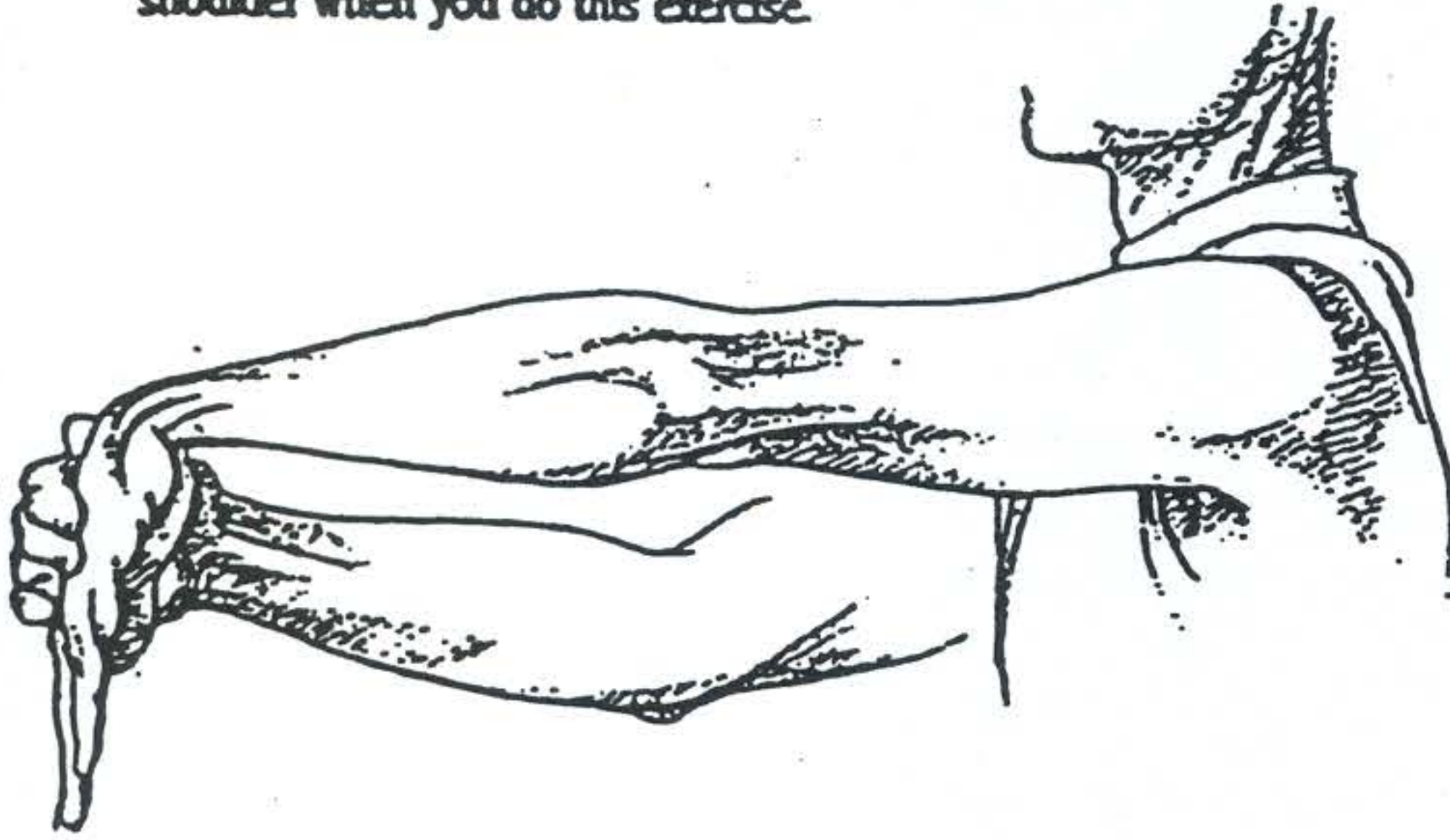


**Flexed Forearm Stretch.**

Hold your arm straight in front of you from the shoulder with the palm facing your body. With your other hand, being careful to keep your fingers over the knuckles of the flexed hand, gently press your hand toward you to a count of ten. Be careful not to raise your shoulder when you do this exercise.



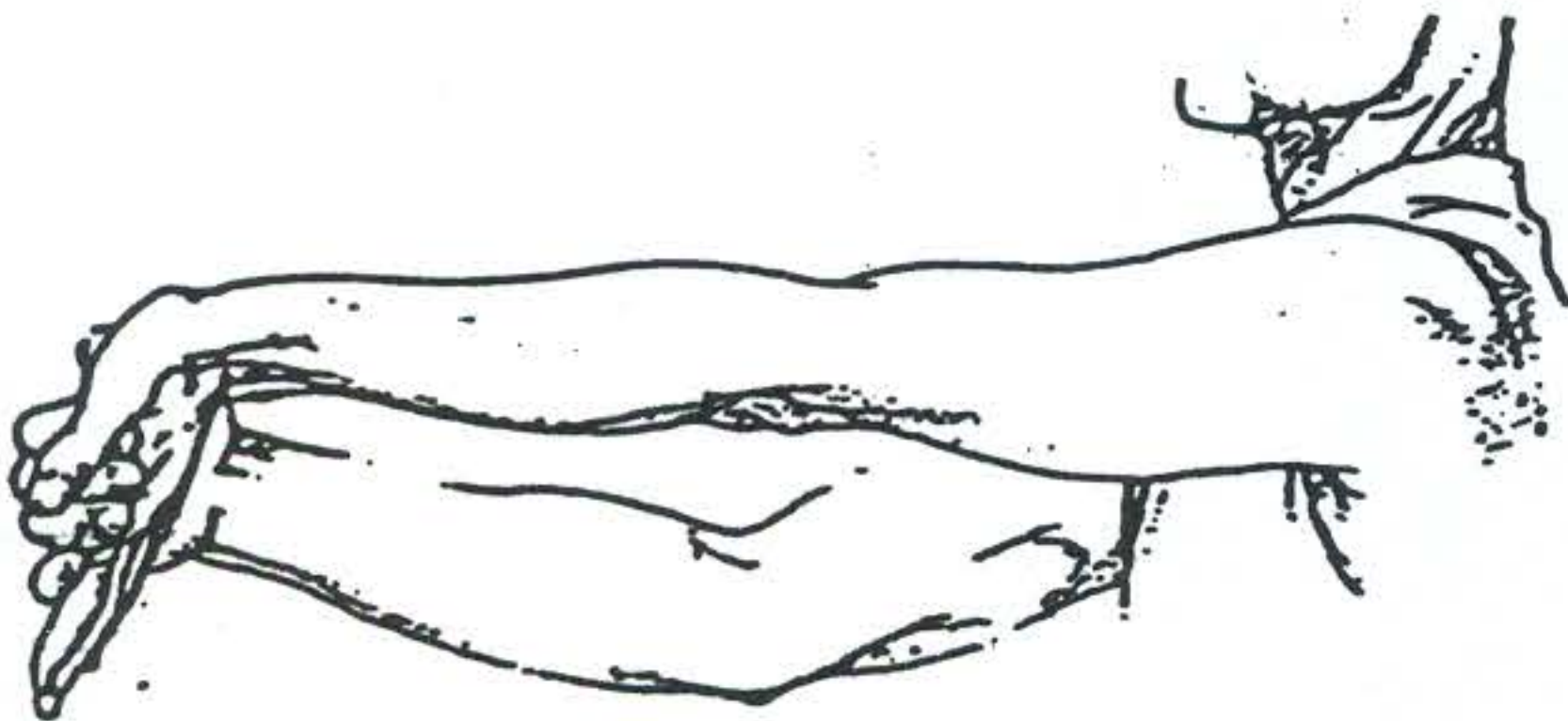
**Flexed Forearm Stretch with Fist.**

Hold your arm straight in front of you from the shoulder, but this time make a fist. With the fingers of your other hand over the knuckles, gently press your fist toward you to a count of ten. Be careful not to raise your shoulder when you do this exercise.



**Dorsiflexed Forearm Stretch, Fingers Down.**

Without raising your shoulders, hold your arm straight in front of you from the shoulder with the palm facing away from your body, fingers down. With your other hand, gently press your hand toward you to a count of ten. Be careful not to bend your fingers backward from the tips; instead, support the knuckle joints, as illustrated.



**Dorsiflexed Forearm Stretch, Fingers Up.**

Without raising your shoulders, hold your arm straight in front of you from the shoulder with the palm facing away from your body, fingers up. With your other hand, gently press your extended hand toward you to a count of ten. Be careful not to bend your fingers backward from the tips; instead, support the knuckle joints, as illustrated.



Starting Position.

Step 1.  
Make a fist.

Step 2.  
Touch your finger-tips to the base of your palm, keeping the thumb straight.

Step 3.  
Gently make a hook. Don't force your fingers with your other hand if something is painful.

TENDON GLIDES

