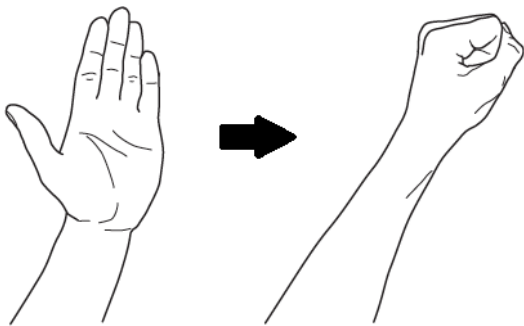


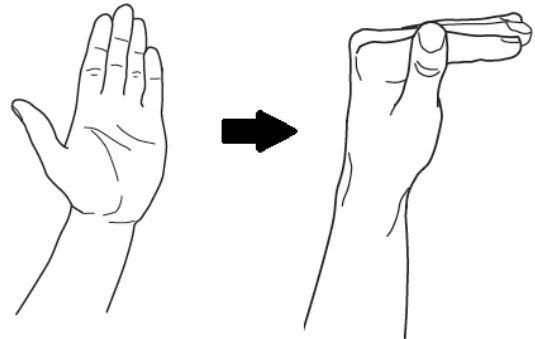
# Tendon Gliding Exercises

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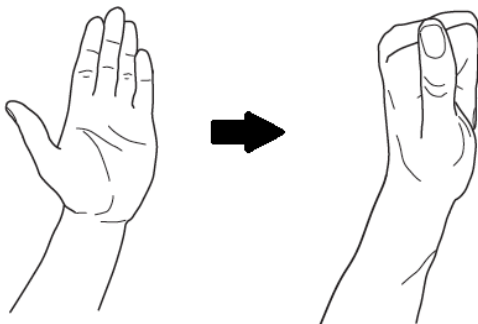
**Exercise 1**



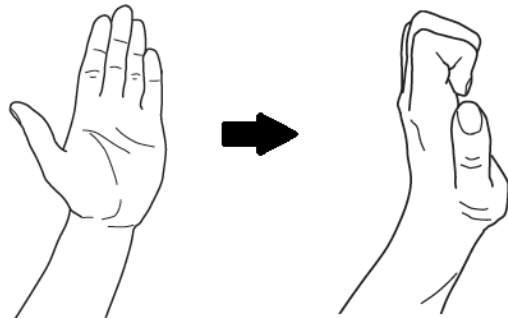
**Exercise 2**



**Exercise 3**



**Exercise 4**



Perform \_\_\_ repetitions of each exercise, \_\_\_ times per day.