

# FANTASY INSPIRED



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# PRESENTATION

# Viral Fantasy Saga Quick Start

**Xiaolong Qi**

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**Publish!**., 1998    **The Magazine of Fantasy & Science Fiction**, 2007    **New Video for Medical Education and Allied Health** University of Illinois Film Center, 1983    **TV Guide**, 2005    **CD-ROMs in Print**, 2003    *Creature Features* John Stanley, 2000-08 Updated to include the most movie mega hits this sci fi fantasy and horror movie guide has it all the shockers schlockers blockbusters bombs cult faves rare gems classics groundbreakers gorefests space operas sorcery Euro splatter and everything in between    *Bowker's Complete Video Directory, 1999*, 1999    *British Book News*, 1988  
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web sets reps 5 min fatigue frequency 3 5 x day elbow flexion and extension bend and straighten your elbow as far as you can sets reps 3 x 15 20 frequency 3 4 x day active horizontal shoulder adduction in standing with your elbow bent to 90 raise your arm out to the side to shoulder height 1

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web hand position place one hand on the front of the shoulder for stability and the other hand on the person s shoulder blade heel of hand near the person s armpit and finger tips at the middle edge of the shoulder blade start position gently pull at the middle edge of the shoulder blade to move the it away from the spine

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web instructions exercises should be done at least once per day do one arm at a time perform exercises slowly exercises to increase strength in the upper extremities some type of weight or resistance should be used recommendations commercial wrist weights 1 to 2 lbs soup or tuna can shoulder flexion

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web mar 10 2021 open your hand holding the fingers straight bend the middle finger joints next touch your fingertips to the top of your palm open your hand repeat 10 times with each hand next reach your thumb across your hand to touch the base of your little finger stretch your thumb back out repeat 10 times

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web elbow stretch hold your wrist start with your arms straight slowly bend your elbows hold for seconds slowly return to starting position with elbows straight repeat times forearm stretch affected hand on your lap or supported on a table rotate your hands so the palm of your affected hand is facing downwards

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web upper extremity passive range of motion prom repeat stretches times and hold for seconds if you have any questions or concerns please call your occupational therapist at shoulder flexion 0 180 always make sure the person s thumb is up as if they are hitchhiking caregiver should be on the same

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