

# Upper Extremity Coordination Exercises Patient Education Home Free Pdf Books

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4. Elbow Flexion • Sit In A Chair. • Securely Step On One End Of The Theraband. • Bend Your Elbow Up Toward Your Shoulder. Apr 21th, 2024  
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11	60.5	6.5	12	54.9	5.0
13	51.8	4.6	14	49.4	4.1
15	47.4	3.7	16	45.8	3.3
17	44.4	3.1	18	43.2	2.9
19	42.1	2.8	20	41.1	2.7
21	40.1	2.6	22	39.2	2.5
23	38.4	2.5	24	37.6	2.4
25	36.8	2.4	26	36.0	2.4
27	35.3	2.3	28	34.7	2.2

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