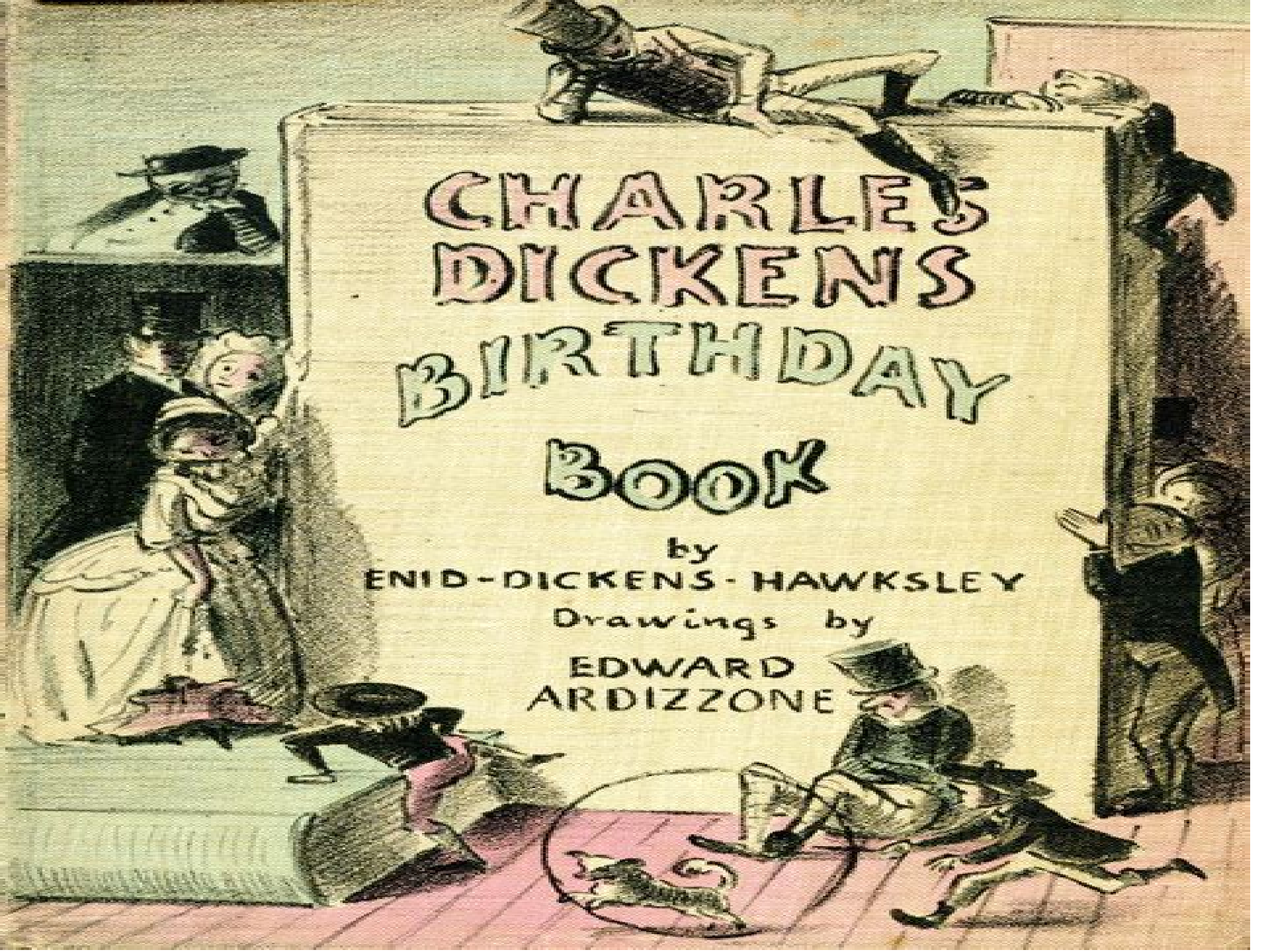


The illustration depicts a large, open book as a central stage. A man in a top hat and dark coat is perched on the top edge of the book, leaning over. On the left side, a woman in a white dress and bonnet is seated, looking towards the book. Another woman in a dark dress and bonnet stands behind her. On the right side, a man in a dark suit and top hat is standing, looking at the book. In the foreground, a man in a top hat and dark coat is sitting on the floor, looking at the book. A small dog is running towards him. The background is a simple, light-colored wall.

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web nov 11 2023 a theraband or resistance band is a latex band that is used for physical therapy and light strength training exercises they're great if you're looking to do low intensity exercises or are focused on injury prevention theraband exercise requires proper posture warming up and stretching prior to use and the knowledge of which

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web theraband academy this webpage provides a comprehensive guide for using exercise bands to improve the strength flexibility and coordination of children it includes tips precautions and sample exercises for different age groups and abilities

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web exercise times times per day to make these exercises harder hold the band tighter keeping hands closer together increase the number of times you repeat the exercise remember to do each exercise slowly and controlled ask your therapist for a different colored band to make these exercises easier

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web theraband external rotation at 90° stand with the theraband attached in front of you keeping the arm elevated to 90 degrees and the elbow at a 90 degree angle rotate the hand and arm slowly backward and then return slowly to the start position theraband internal rotation at 90° stand with the theraband attached behind you

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