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Insurance,Cincinnati Chamber of Commerce. Impartial Committee on Workmen's Compensation Insurance,1923  
**Executive's Manual for Personnel Handling** Prentice-Hall, Inc,1966      **Checklist of State Publications** ,1979  
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page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5 elbow extension 1 bend your elbow and grasp the band 2 straighten your elbow and stretch the band down toward the foot

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