

NICE TO MEET YOU  
**MAPLE RIDGE**

Starting January 1, 2025  
Recycle BC is assuming  
responsibility for Maple Ridge's  
recycling services.

Keep recycling and we'll do the rest.



Learn more about  
Recycle BC at  
[RecycleBC.ca](http://RecycleBC.ca)

## RECYCLING COLLECTION SCHEDULE

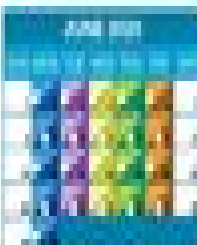
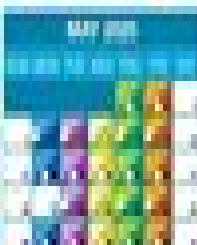
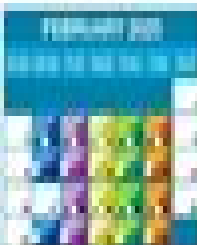
January 2025 - June 2025

Household  
residents place  
recycling bins  
curbside on  
the date



Collection  
from 6 a.m. to  
7:00 a.m.

Residents are  
responsible for  
ensuring their  
recycling bin is  
ready for collection



## COLLECTION MAP



For all waste water collection  
to complete your bin place  
the white bin sticker with  
your name and address  
on the front of the bin

Maple Ridge  
Municipality

Maple Ridge is a  
municipality that  
provides a wide  
range of services  
to its residents.

Learn more about  
Maple Ridge at  
[MapleRidge.ca](http://MapleRidge.ca)

## Download the App

The app provides you with  
the latest information on  
recycling collection days  
and times.



RecycleBC.ca App

Recycle BC is a not-for-profit organization  
that provides recycling services to  
municipalities across British Columbia.

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## COPIES (Did you receive an Opa bag on collection day?)

To help you keep track of your recycling collection days and times, we have created a collection bag. The bag is placed on your recycling bin on collection day. The bag is placed on your recycling bin on collection day. The bag is placed on your recycling bin on collection day.

## NEARBY DEPOSITS

For more information on nearby deposits, visit [RecycleBC.ca](http://RecycleBC.ca). For more information on nearby deposits, visit [RecycleBC.ca](http://RecycleBC.ca). For more information on nearby deposits, visit [RecycleBC.ca](http://RecycleBC.ca).

## ABOUT RECYCLE BC

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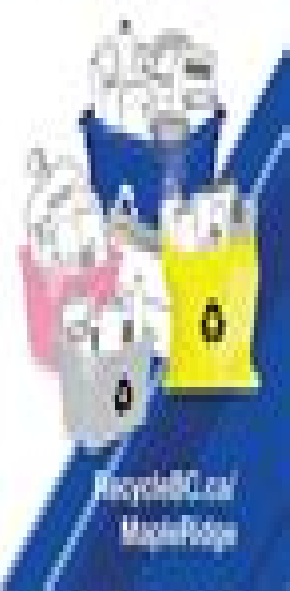
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**RECYCLEBC**  
Make a difference together

## JANUARY-JUNE 2025 RECYCLING SCHEDULE

Maple Ridge



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# Maple 1programming Guide

**R Sanford**



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web upper extremity range of motion exercises when exercising remember 1 take deep breaths during and after each exercise and after each set of exercises complete 2 3 sets x 10 reps daily 2 pace yourself 3 follow exercise directions as listed 4 notify your therapist if you have any questions or concerns 5

**range of motion requirements for upper limb activities of** - May 01 2022

web objective we quantified the range of motion rom required for eight upper extremity activities of daily living adls in healthy participants method fifteen right handed participants completed several bimanual and unilateral basic adls while joint kinematics were monitored using a motion capture system

upper extremity passive range of motion prom wicha lab - Jun 02 2022

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

*therapy interventions for improving joint range of motion a* - Apr 12 2023

web this review assessed nonsurgical interventions to restore range of motion in patients with injuries to the upper extremity the conclusion that splints casts or passive exercise are effective after joint injury and immobilisation should be treated with some caution as it relies heavily on evidence from studies with designs open to bias

*effects of virtual reality based planar motion exercises on upper* - Jan 29 2022

web oct 24 2019 background virtual reality vr based rehabilitation is considered a beneficial therapeutic option for stroke rehabilitation this pilot study assessed the clinical feasibility of a newly developed vr based planar motion exercise apparatus rapael smart board sb neofect inc yong in korea for the upper extremities as an intervention and

**activities to increase upper extremity range of motion the** - Sep 05 2022

web treatments and documentation for physical and occupational therapists streamline documentation focus on patient centered care save time and energy upper extremity exercises occupational therapy