

Staying Abreast Rehabilitation Exercises For

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Good for loosening tight neck muscles. A. Sitting upright, look straight ahead and hold your left shoulder down with your right hand. B. Slowly tilt your head to the right while holding your shoulder down. C. Repeat on the opposite side. Hold each stretch for 5 seconds and repeat 3 times on each side.

~~Flexibility exercises - NHS~~

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Dwain favours manual therapy when treating patients and recognises the importance of prescribing effective rehabilitation exercises to each individual patient. Dwain has continued to engage in professional development and understands the importance of staying abreast of current and best practice. In 2018 he qualified as a World Rugby Educator.

~~Dwain McGuinness, Physiotherapist - Cayman Physiotherapy~~

Also, the cardiac rehabilitation nurses must have a deep interest in research and must be able to stay abreast of the current breakthroughs and trends in the field.

~~Roles and Responsibilities of a Cardiac Rehabilitation ...~~

The resulting book, Staying Abreast, Rehabilitation Exercises for Breast Cancer Surgery, sets forth a comprehensive exercise rehabilitation program suitable for any cancer patient (or even healthy individual), but particularly tailored for breast cancer patients.

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