


 Begin Run  End Run  Cancel Run    OS Info

## Run Details

▪ Run Name: Run\_3-27\_11-8-49

▪ Test Instance: [1]admin screen

▪ Tester: jas  

Change Detectio...

Configuration ID: 1001

Draft Run: Y 

▪ Status: Not Completed

▪ Test Set Name: default

Baseline:

Change Status:

Configuration: Na... admin screen

Duration: 0

Comments

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web sets reps 5 min fatigue frequency 3 5 x day elbow flexion and extension bend and straighten your elbow as far as you can sets reps 3 x 15 20 frequency 3 4 x day active horizontal shoulder adduction in standing with your elbow bent to 90 raise your arm out to the side to shoulder height 1

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web hand position place one hand on the front of the shoulder for stability and the other hand on the person s shoulder blade heel of hand near the person s armpit and finger tips at the middle edge of the shoulder blade start position gently pull at the middle edge of the shoulder blade to move the it away from the spine

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