

# Upper Body Exercises

Do all these exercises slowly. Do not hold your breath and remember to breathe out as you do the “work” part of each exercise.

If you feel any unusual pain in your joints or muscles while you exercise, do not continue the exercise.

You will need a firm chair and hand held weights or wrist weights for these exercises.

- Do each exercise \_\_\_\_\_ times.
- Do these exercises \_\_\_\_\_ times each week.

## ☐ Chest press

1. Sit in a chair with your head up and your back straight.
2. Start with your elbows bent holding the weights at your chest.
3. Push the weight straight out in front of you until your arms are straight.
4. Pull the weights back slowly to the start position.



## ☐ Chest pulls

Sit in a chair with your head up and your back straight.

1. Bring the weights to the center of your chest, about shoulder height.
2. Pull your elbows back, bringing the weights out to your shoulders.
3. Return to the start position and repeat.



# Upper Extremity Pendulum Hep

**Michael Hoelscher**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Covering many different diagnostic tools this essential resource explores both traditional treatments and alternative therapies for conditions that can cause gait abnormalities in horses Broader in scope than any other book of its kind this edition describes equine sporting activities and specific lameness conditions in major sport horse types and includes up to date information on all imaging modalities This title includes additional digital media when purchased in print format For this digital book edition media content may not be included Cutting edge information on diagnostic application for computed tomography and magnetic resonance imaging includes the most comprehensive section available on MRI in the live horse Coverage of traditional treatment modalities also includes many aspects of alternative therapy with a practical and realistic perspective on prognosis An examination of the various types of horses used in sports describes the lameness conditions to which each horse type is particularly prone as well as differences in prognosis Guidelines on how to proceed when a diagnosis cannot easily be reached help you manage conditions when faced with the limitations of current diagnostic capabilities Clinical examination and diagnostic analgesia are given a special emphasis Practical hands on information covers a wide range of horse types from around the world A global perspective is provided by a team of international authors editors and contributors A full color insert shows thermography images Updated chapters include the most current information on topics such as MRI foot pain stem cell therapy and shock wave treatment Two new chapters include The Biomechanics of the Equine Limb and its Effect on Lameness and Clinical Use of Stem Cells Marrow Components and Other Growth Factors The chapter on the hock has been expanded substantially and the section on lameness associated with the foot has been completely rewritten to include state of the art information based on what has been learned from MRI Many new figures appear throughout the book A companion website includes 47 narrated video clips of gait abnormalities including typical common syndromes as well as rarer and atypical manifestations of lameness and neurological dysfunction with commentary by author editors Mike Ross and Sue Dyson References on the companion website are linked to the original abstracts on PubMed      The Forces of Nature Amedee Guillemin, 2023-07-22 Reprint of the original first published in 1873 The publishing house Anatiposi publishes historical books as reprints Due to their age these books may have missing pages or

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