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lastly the movement mechanics section

takes up a whopping 25 of the exam

that s 15 questions out of the 60 this

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the anatomy portion of the exam is worth 15% of all the questions this means that out of 60 questions 9 of them are anatomy related you can check out the exam breakdown here simply memorizing the different muscles alone will not help you ace this section of course this is not to say that memorizing see more

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where an employer invites and offers
the employee to resign voluntarily
without the implications of a
retrenchment while still receiving fair
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scheme vss is a scheme or method used
by a company when they are not
officially retrenching but they have to
get rid of some employees to stabilize
the company for vss a company will
usually make an open announcement
that they are not dismissing anyone but
will welcome employees

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separation from employment i
understand that my last day of
employment with wku shall be june 30
2021 the effective date i acknowledge
and agree that i have decided to
voluntarily separate my employment
having made such decision of my own
free will having researched and
evaluated the advantages and
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there are many reasons why an
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why you re terminating the employee
meet with human resources to discuss
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and evidence such as performance
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your weak arm as much as possible
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self range of motion to keep the weakened arm and hand from becoming stiff and painful to make putting on and taking off clothing easier general procedures precautions all exercises should be performed to the point of stretch without pain

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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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upper body range of motion

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