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Hand therapy exercises can help improve strength and dexterity in the hands and fingers. They are especially helpful for improving fine motor skills



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Technique. Techniques of stretching include Static Stretching. Static

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stretching (SS) is a type of stretching exercises in which elongation of muscle with application of low force and long duration (usually 30 sec).Static stretching has a relaxation, elongation effect on muscle,improving range of motion (ROM),decreasing musculotendinous stiffness and also reduces the risk of acute muscle ...

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