

STRETCHING

DYNAMIC



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



SHOULDERS & UPPER BACK



CHEST



CORE & LOWER BACK



OBLIQUES



LOWER BACK



LOWER BACK, HIPS & HAMSTRINGS



CORE & LOWER BACK



LOWER BACK, HIPS & HAMSTRINGS



HIP ADDUCTORS, ABDUCTORS & GROIN



QUADRICEPS



CALVES

• 10-15 reps • Use full range of motion in smooth moves • Stop if you feel pain

Dynamic Stretching Guide

Geralyn A. Farrelly



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jan 1 2013 ethiopia has been implementing traditional medical education and graduates were missing some competencies 5

studies elsewhere reported that students were passively engaged in the
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jun 10 2021 registration for 2021 new innovative medical education initiative nimei has already started and deadline is on
june 18 2021 so kindly read the requirement criteria for the registration and use link below to register

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results the objectives rationale as well as the approach and methodology used to develop the curriculum are outlined the
processes involved in the implementation and the initial appraisal of the developed curriculum was also discussed

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ministries of health and education which has been in place in aksum since 2012 there have been 4 years of clinical students
on the course with the first cohort of students graduating in 2016

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content has given emphasis to essential clinical and professional skills emergency live saving surgical and obstetrics skills
and has introduced ethiopian health problems mainly infectious diseases rural health the main intent of this new approach to
medical education has been twofold first to ensure relevance to the task of medical

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