

# Stretch and Strengthen for Rehabilitation and Development

Bob Anderson, Donald G. Bornell



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### Stretch and Strengthen for Rehabilitation and Development

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**Stretch and Strengthen for Rehabilitation and Development** Bob Anderson, Donald G. Bornell This book instructs the disabled and elderly in simple stretch and strengthening exercises appropriate for individual rehabilitation and development programs. The strengthening exercises are done with a resistive cord. 3-5 stretches are given for each strengthening exercise for 29 generically and medically described muscles/body areas listed.

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