



# Sample Thank You Letter

Dear (Name):

Thank you so much for supporting me as I participated in the We Run the City 5K/10K to raise awareness and money for the athletes of Special Olympics Southern California.

With your support, we will enrich the lives of athletes with intellectual disabilities and their communities through sports, education, and athlete health.

Every dollar raised through this fundraiser not only provides equipment, uniforms, and training for our athletes, but also gives them empowerment, courage, and joy.

Special Olympics is more than a sports program. Special Olympics Southern California athletes are five times more likely to hold a job than the general population of individuals with intellectual disabilities. They are also more physically fit and live happier, healthier, and longer lives.

Thank you again for your donation and support. For more information about Special Olympics, please visit [www.sosc.org](http://www.sosc.org).

Sincerely,

(Your Name)

# Thank You Letter Examples From 3rd Grader

**Wenbin Ji**



## **Thank You Letter Examples From 3rd Grader:**

## Unveiling the Magic of Words: A Review of "**Thank You Letter Examples From 3rd Grader**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Thank You Letter Examples From 3rd Grader**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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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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web instructions for measuring rom have the client lie supine on a table or the floor in a hook lying position i e the hips flexed to approximately 45 degrees and the knees flexed to approximately 90 degrees and the feet flat

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web hand position place one hand on the front of the shoulder for stability and the other hand on the person s shoulder blade heel of hand near the person s armpit and finger tips at the middle edge of the shoulder blade start position gently pull at the middle edge of the shoulder blade to move the it away from the spine

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web instructions exercises should be done at least once per day do one arm at a time perform exercises slowly exercises to increase strength in the upper extremities some type of weight or resistance should be used recommendations commercial wrist weights 1 to 2 lbs soup or tuna can shoulder flexion

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web mar 5 2009 our purpose was to examine if early measures of upper extremity active range of motion from could predict recovery of upper extremity function and to describe the trajectory of upper extremity from recovery over time

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web elbow stretch hold your wrist start with your arms straight slowly bend your elbows hold for seconds slowly return to starting position with elbows straight repeat times forearm stretch affected hand on your lap or supported on a table rotate your hands so the palm of your affected hand is facing downwards

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web objective we quantified the range of motion rom required for eight upper extremity activities of daily living adls in healthy participants method fifteen right handed participants completed several bimanual and unilateral basic adls while joint kinematics were monitored using a motion capture system

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web upper extremity passive range of motion prom repeat stretches times and hold for seconds if you have any questions or concerns please call your occupational therapist at shoulder flexion 0 180 always make sure the person s thumb is up as if they are hitchhiking caregiver should be on the same

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web this review assessed nonsurgical interventions to restore range of motion in patients with injuries to the upper extremity the conclusion that splints casts or passive exercise are effective after joint injury and immobilisation should be treated with some caution as it relies heavily on evidence from studies with designs open to bias

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