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Proxabrush. Use A Rubber-tipped Stimulator To Massage The Gums. • Check Gums/mouth Regularly And Report Any Changes Or Signs Of Cavities Or Gum Disease To A Dental Professional. RINSING Rinses Range From Plain Water To Products That Are Available Over-the-counter And By Prescription. Discuss Various Products With A Dental Hygienist. Apr 2th, 2024

### **Upper Nerve Flossing YOUR HOME PROGRAM Total 6 Page 1 ...**

ULNAR NERVE GLIDE - #1 Beginner Start With Your Arm Up And Out To The Side With A Bend Elbow As Shown. Your Palm Should Be Facing Towards The Side. Next, Bend Your Wrist Away And Towards You As Shown. Your Other Hand Should Be Making Sure Your Shoulder Stays Down And Drawn Back The Entire Time. Video ID: MPW8F6Q 6 Repeat 10 Times Hold 1 Second ... Feb 5th, 2024

### **Lower Nerve Flossing YOUR HOME PROGRAM Total 5 Page 1 ...**

Peroneal Nerve Glides Begin In Seated Position With Knee Straight. Progress Through The Following Steps, Stopping Once Tension Is Felt In The Foot/leg. 1. Curl The Toes 2. Point Foot/ankle (ankle Plantarflexion) 3. Maintain Toes Curled And Foot/ankle Pointed While Moving Ankle In And Out Feb 16th, 2024

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