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## Theoretical Background, Therapeutic Process, Therapeutic ...

INTRODUCTION Rational Emotive Behaviour Therapy (REBT) Is One Of The Cognitive-behavioural Approaches To Counselling And Psychotherapy [1] That Was Established In The Mid-1950s By Albert Ellis [2]. Ellis (1913-2007) Derived REBT

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Radial Nerve Glides\_\_\_\_ Equipment Needed: None Additional Instructions: Nerve Glides Help To Restore Nerve Motion. This Exercise Will Help The Radial Nerve Glide Normally Through Structures That Are Putting Pressure On The Nerve. Step-by-step Directions • Stand Comfortably With Your Arms Loose At ... Jul 3th, 2024

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Therapeutic Exercise Program For Epicondylitis (Tennis Elbow / Golfer's Elbow)

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#### Therapeutic Massage Techniques

Back Of The Knee (popliteal Region) Or Inside Of The Elbow (cubital Region). There Are A Few Instances Where Application Of Pressure To These Areas Is Acceptable;

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