

Losing Control



Loving a Black Child with Bipolar Disorder

Cassandra L. Laubert, ScD

with Linda Thompson Adams, DrPH, RN, FAAN and Ian Hutchinson, MD, MPH

Losing Control Loving A Black Child With Bipolar Disorder

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web mar 10 2021 open your hand holding the fingers straight bend the middle finger joints next touch your fingertips to the top of your palm open your hand repeat 10 times with each hand next reach your thumb across your hand to touch the base of your little finger stretch your thumb back out repeat 10 times

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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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