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Permitted. Staple Removal By The GP In 3 Weeks. After 4 Weeks, 0-60 Degrees. After 6 Weeks, 0-90 Degrees. Removal Of

Knee Brace After 8 Weeks. Active Extension Is Allowed Only After 8 Weeks. Then Gradually Increasing Load. Full Support O

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Attempt Is Completed And Under No Circumstances Can The Weight Already Loaded On The Bar Be Lowered. 11. The Barbell

Is Loaded In Progression. The Athlete Requesting The Lightest Weight Lifts First. Once The Announced Weight Is Loaded On

The Barbell Jan 1th, 2024 DVD±R/RW, DVD±R (DL), & DVD-RAM Slim Writer DVD±R/RW, DVD±R (DL), & DVD-RAM Slim Writer

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