

QuickSpecs

HP ProBook 4430s Notebook PC
HP ProBook 4530s Notebook PC
HP ProBook 4730s Notebook PC

Overview



- | | |
|--|---|
| 1. WWAN antennas (not available) | 13. Touchpad |
| 2. WLAN antennas | 14. Touchpad pick buttons |
| 3. Dual-microphone array* | 15. Touchpad on/off button with LED indicator |
| 4. Webcam LED indicator (with optional webcam) | 16. Stereo microphone in |
| 5. Optional HD webcam | 17. Stereo headphone/line out |
| 6. Stereo speakers | 18. Media Card Reader |
| 7. HP QuickWeb button with LED indicator | 19. Hard drive activity LED indicator |
| 8. Wireless on/off button with LED indicator | 20. Power button with LED indicator |
| 9. Optical drive (select models) | 21. HP Power Assistant function key |
| 10. n/a | 22. Volume mute function key |
| 11. (4) USB 3.0 ports | 23. Volume down function key |
| 12. HP Fingerprint Sensor | 24. Volume up function key |

* Models without optional webcam have single integrated microphone.

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J Spring



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web rockwood shoulder exercises describe a protocol used for treat shoulder subluxation this is a partial dislocation of the shoulder joint that creates a temporary instability in it it could be that your doctor or physiotherapist recommends rockwood exercises using a resistance band to treat this condition

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web jul 8 2011 rockwood shoulder exercises are designed to prevent the shoulder from continuing to come out of its socket this strengthening routine targets the rotator cuff and deltoid muscles in an effort to give stability to the joint each of the five exercises targets a different muscle or group of muscles in your shoulder

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web length of program this shoulder conditioning program should be continued for 4 to 6 weeks unless otherwise specified by your doctor or physical therapist after your recovery these exercises can be continued as a maintenance program for lifelong protection and health of your shoulders performing the exercises two to three days a week will

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web and c a rockwood jr the journal of bone and joint surgery shoulder strengthening exercises shoulder service department of orthopaedics the university of texas health science center treatment of instability of the shoulder with an exercise program 893 vol 74 a no 6 july 1992 pulley kit and

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web rotator cuff and shoulder rehabilitation exercises to ensure that this program is safe and effective for you it should be

performed under your doctor s supervision talk to your doctor or physical therapist about which exercises will

the treatment of multidirectional instability of the shoulder with a - Apr 30 2022

web jun 21 2016 the most commonly recommended initial treatment for multidirectional instability is a rehabilitation program although there is evidence to support the effect of conservative management on this condition the published literature provides little information on the exercise parameters of such programs

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