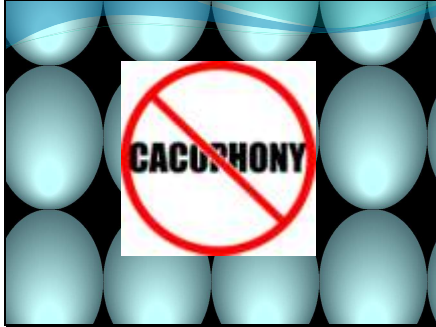
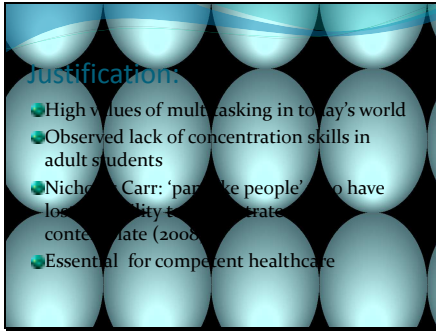


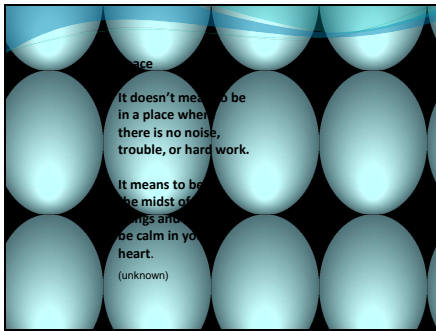
Slide 4



Slide 5




Slide 6



Slide 7

Review of Literature

- Stanford study on multitasking
- Meditation as an accepted, secular practice
- Physiology of meditation
Neuroscience lab, University of Wisconsin, Functional MRI Research Laboratory (Badr)
- Applications to physical and psychological conditions, including anxiety, stress relief, pain relief, aggression, and self-efficacy.
- JAMA study on primary care physicians



Slide 8

Theoretical Model

Stressors <ul style="list-style-type: none">• School• Work• Family• Emotional Triggers• Social Distractions• Study Habits• Environment• Performance Evaluation• Time management	Mindfulness Practices <ul style="list-style-type: none">• Body Scan• Lovingkindness• Movement Meditation• Sitting Meditation• Concentration• Gratitude Meditation• Breathing Meditation	Response to Meditation <ul style="list-style-type: none">• Less Stress• Decreased Anxiety• Improved Concentration• Increased Understanding• Improved Clarity• Better Focus• Increased Calm• Increased Awareness• Relaxation	Learning <ul style="list-style-type: none">• Understand• Apply• Analyze• Evaluate• Create
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Slide 9

Joints of Shoulder Girdle (Synovial, Diarthrosal)



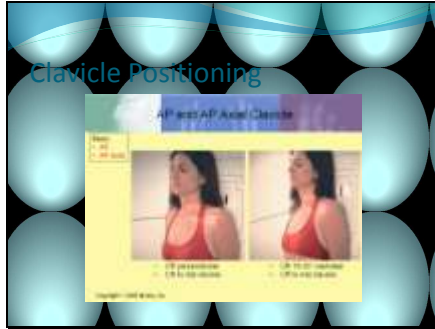
Acromioclavicular (AC)

Scapulothoracic

Sternoclavicular (SC)

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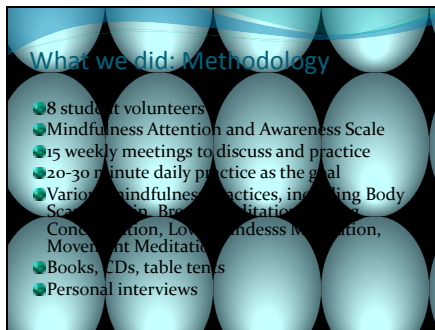
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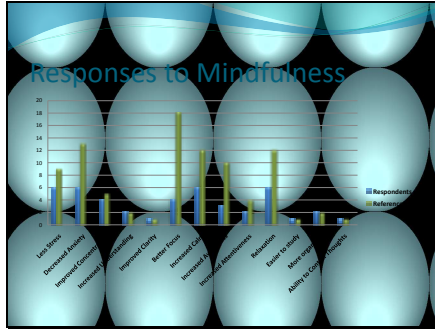
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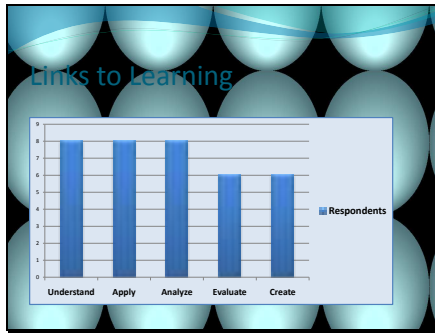
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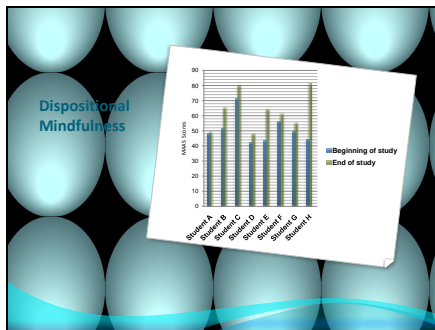
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Slide 14



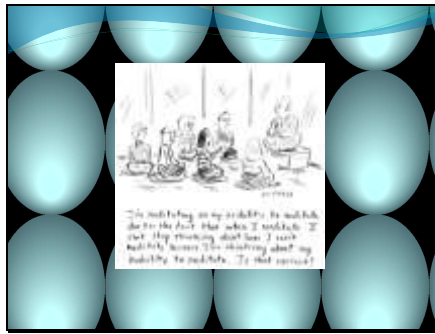
Slide 15



Slide 16



Slide 17



Slide 18

