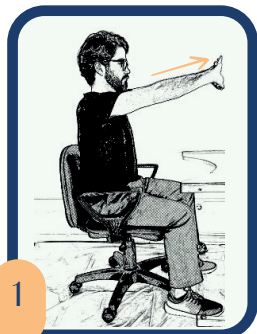


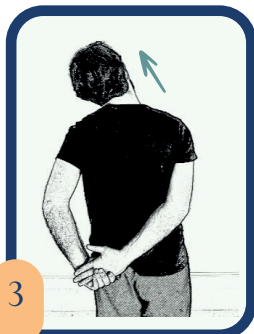
Trabalha num Hospital - seja responsável pela sua saúde!



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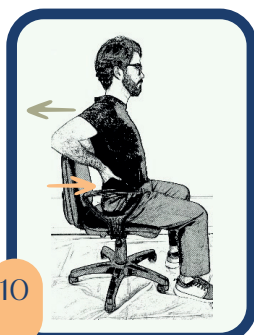
7



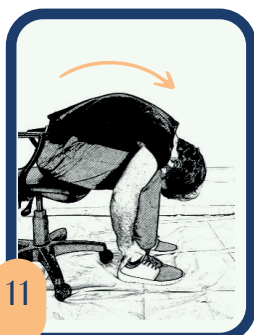
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LMERT
Lesões Musculo-Esqueléticas Relacionadas com o Trabalho

Realizar cada alongamento
10 a 15 segundos; 3 repetições