

8-6 Practice**Solving $x^2 + bx + c = 0$**

Factor each polynomial.

1. $a^2 + 10a + 24$
 $(a + 4)(a + 6)$

4. $g^2 - 2g - 63$
 $(g + 7)(g - 9)$

7. $b^2 + 4b - 32$
 $(b - 4)(b + 8)$

10. $z^2 - 11z + 30$
 $(z - 6)(z - 5)$

13. $q^2 - q - 56$
 $(q - 8)(q + 7)$

16. $48 - 16g + g^2$
 $(g - 12)(g - 4)$

2. $h^2 + 12h + 27$
 $(h + 3)(h + 9)$

5. $w^2 + w - 56$
 $(w + 8)(w - 7)$

8. $n^2 - 3n - 28$
 $(n - 7)(n + 4)$

11. $d^2 - 16d + 63$
 $(d - 9)(d - 7)$

14. $x^2 - 6x - 55$
 $(x + 5)(x - 11)$

17. $j^2 - 9jk - 10k^2$
 $(j - 10k)(j + k)$

3. $x^2 + 14x + 33$
 $(x + 11)(x + 3)$

6. $y^2 + 4y - 60$
 $(y + 10)(y - 6)$

9. $t^2 + 4t - 45$
 $(t - 5)(t + 9)$

12. $x^2 - 11x + 24$
 $(x - 3)(x - 8)$

15. $32 + 18r + r^2$
 $(r + 16)(r + 2)$

18. $m^2 - mv - 56v^2$
 $(m - 8v)(m + 7v)$

Solve each equation. Check the solutions.

19. $x^2 + 17x + 42 = 0$
 $\{-14, -3\}$

22. $b^2 - 12b - 64 = 0$
 $\{-4, 16\}$

25. $t^2 - 26t = 56$
 $\{-2, 28\}$

28. $80 + a^2 = 18a$
 $\{8, 10\}$

20. $p^2 + 5p - 84 = 0$
 $\{-12, 7\}$

23. $n^2 + 4n = 32$
 $\{-8, 4\}$

26. $x^2 - 14x = 72$
 $\{-4, 18\}$

29. $u^2 = 16u + 36$
 $\{-2, 18\}$

21. $k^2 + 3k - 54 = 0$
 $\{-9, 6\}$

24. $k^2 - 17k = -60$
 $\{5, 12\}$

27. $y^2 - 84 = 5y$
 $\{-7, 12\}$

30. $17r + r^2 = -52$
 $\{-13, -4\}$

31. Find all values of k so that the trinomial $x^2 + kx - 35$ can be factored using integers.
 $-34, -2, 2, 34$

32. **CONSTRUCTION** A construction company is planning to pour concrete for a driveway. The length of the driveway is 16 feet longer than its width w .

a. Write an expression for the area of the driveway. $w(w + 16) \text{ ft}^2$

b. Find the dimensions of the driveway if it has an area of 260 square feet.
10 ft by 26 ft

33. **WEB DESIGN** Janeel has a 10-inch by 12-inch photograph. She wants to scan the photograph, then reduce the result by the same amount in each dimension to post on her Web site. Janeel wants the area of the image to be one eighth that of the original photograph.

a. Write an equation to represent the area of the reduced image.
 $(10 - x)(12 - x) = 15$, or $x^2 - 22x + 105 = 0$

b. Find the dimensions of the reduced image. **3 in. by 5 in.**

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web upper body arm strengthening exercises with tabletop support author sarah housman ms otr l these exercises for the joints of the arm can help strengthen weak arm muscles improve range of motion minimize stiffness and pain instructions use the muscles of your weak arm as much as possible

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web upper extremity self range of motion exercise program purpose of self range of motion to keep the weakened arm and hand from becoming stiff and painful to make putting on and taking off clothing easier general procedures precautions all exercises should be performed to the point of stretch without pain

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web sets reps 5 min fatigue frequency 3 5 x day elbow flexion and extension bend and straighten your elbow as far as you can sets reps 3 x 15 20 frequency 3 4 x day active horizontal shoulder adduction in standing with your elbow bent to 90 raise your arm out to the side to shoulder height 1

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web instructions for measuring rom have the client lie supine on a table or the floor in a hook lying position i e the hips flexed to approximately 45 degrees and the knees flexed to approximately 90 degrees and the feet flat

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web hand position place one hand on the front of the shoulder for stability and the other hand on the person s shoulder blade heel of hand near the person s armpit and finger tips at the middle edge of the shoulder blade start position gently pull at the middle edge of the shoulder blade to move the it away from the spine

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web instructions exercises should be done at least once per day do one arm at a time perform exercises slowly exercises to increase strength in the upper extremities some type of weight or resistance should be used recommendations commercial wrist weights 1 to 2 lbs soup or tuna can shoulder flexion

active range of motion predicts upper extremity function 3 - Mar 31 2022

web mar 5 2009 our purpose was to examine if early measures of upper extremity active range of motion arom could predict recovery of upper extremity function and to describe the trajectory of upper extremity arom recovery over time

self range of motion exercises for arm and hand hamilton - Oct 06 2022

web self range of motion exercises for the arm and hand after a stroke it is important to do the exercises in this handout for your affected arm and hand you can do them on your own by using your unaffected arm and hand these gentle movements are called self range of motion exercises and they help to maintain your movement prevent

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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

self range of motion exercises upper extremity libsyn - Aug 16 2023

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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upper extremity range of motion exercises wicha lab - Jul 15 2023

web upper extremity range of motion exercises when exercising remember 1 take deep breaths during and after each exercise and after each set of exercises complete 2 3 sets x 10 reps daily 2 pace yourself 3 follow exercise directions as listed 4 notify your therapist if you have any questions or concerns 5

range of motion requirements for upper limb activities of - May 01 2022

web objective we quantified the range of motion rom required for eight upper extremity activities of daily living adls in healthy participants method fifteen right handed participants completed several bimanual and unilateral basic adls while joint kinematics were monitored using a motion capture system

upper extremity passive range of motion prom wicha lab - Jun 02 2022

web upper extremity passive range of motion prom repeat stretches times and hold for seconds if you have any questions or concerns please call your occupational therapist at shoulder flexion 0 180 always make sure the person s thumb is up as if they are hitchhiking caregiver should be on the same

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web this review assessed nonsurgical interventions to restore range of motion in patients with injuries to the upper extremity the conclusion that splints casts or passive exercise are effective after joint injury and immobilisation should be treated with some caution as it relies heavily on evidence from studies with designs open to bias

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