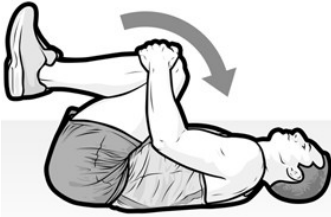


**BACK - GET MOVING EXERCISES****KNEE HUGS**

Lying on your back with your knees bent, lightly pull your knees into your chest. Grasp your knees and pull your legs towards your chest. Hold.

**DIAPHRAGMATIC BREATHING**

Lie or sit in a comfortable position with your knees bent to a comfortable angle, one hand placed on your upper chest, the other on your abdomen. Breathe in through your nose, your abdomen should rise but your upper chest will remain still. Breathe out through your mouth, your abdomen should fall and your upper chest remain still. Repeat.

**KNEE HUG**

Lying on your back, bend one leg up as far as you can, grasp your knee and circle your leg around. This should not hurt but keeps you moving. Repeat on the other leg

**WALKING**

Keep yourself moving. Our bodies like to move

**ADVICE**

Backs like to move and do not appreciate being kept still. People often hold themselves still in a very stiff position and additionally breathe shallowly into their upper chest. Keep yourself moving and breathing well.