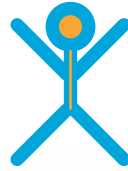


# Getting Started

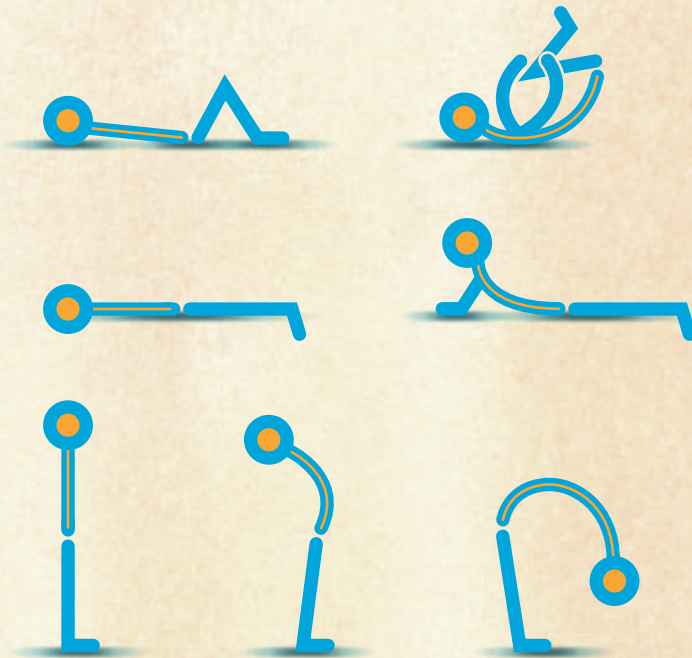


## Exercises to get you going

All movement is good for the back. There are no bad movements. When your back is sore, movement is often stiff or painful. It is good to teach the brain that it is okay to move your back. Remember pain is too protective, so it is safe to feel some pain.

Here are some movements you can try. Try doing each one 10 times. Try and go a little further with each movement.

Draw a circle around the movements which feel good or help you move better. It's a good idea to repeat these often.



Try these movements

UNDERSTAND

RECOVER

SHARE