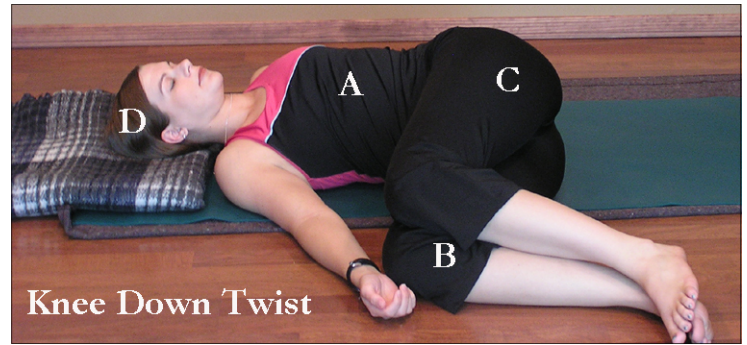
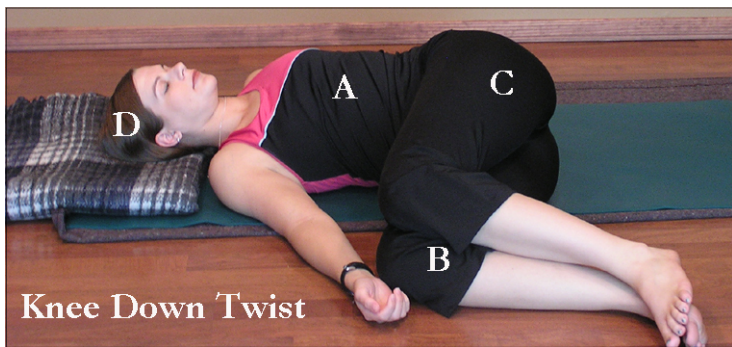


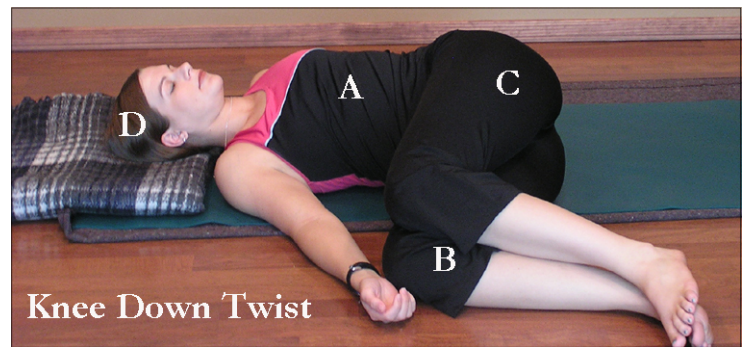
- A. Trunk long, breathing fully and into hips and low back.
- B. Knees supported with extra blankets if indicated by therapist.
- C. Hips and knees at 90 degree angles.
- D. Head facing up or away as circled here.
- E. Repeat for ____ breaths to ____ side down: ____ times per day.



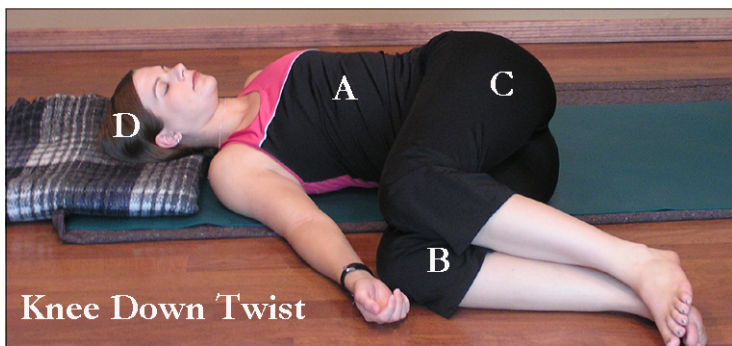
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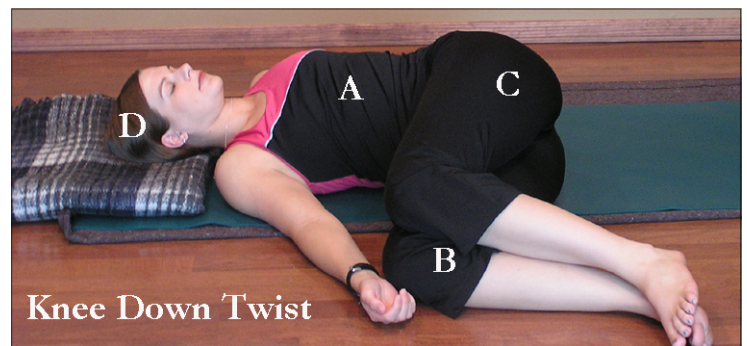
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