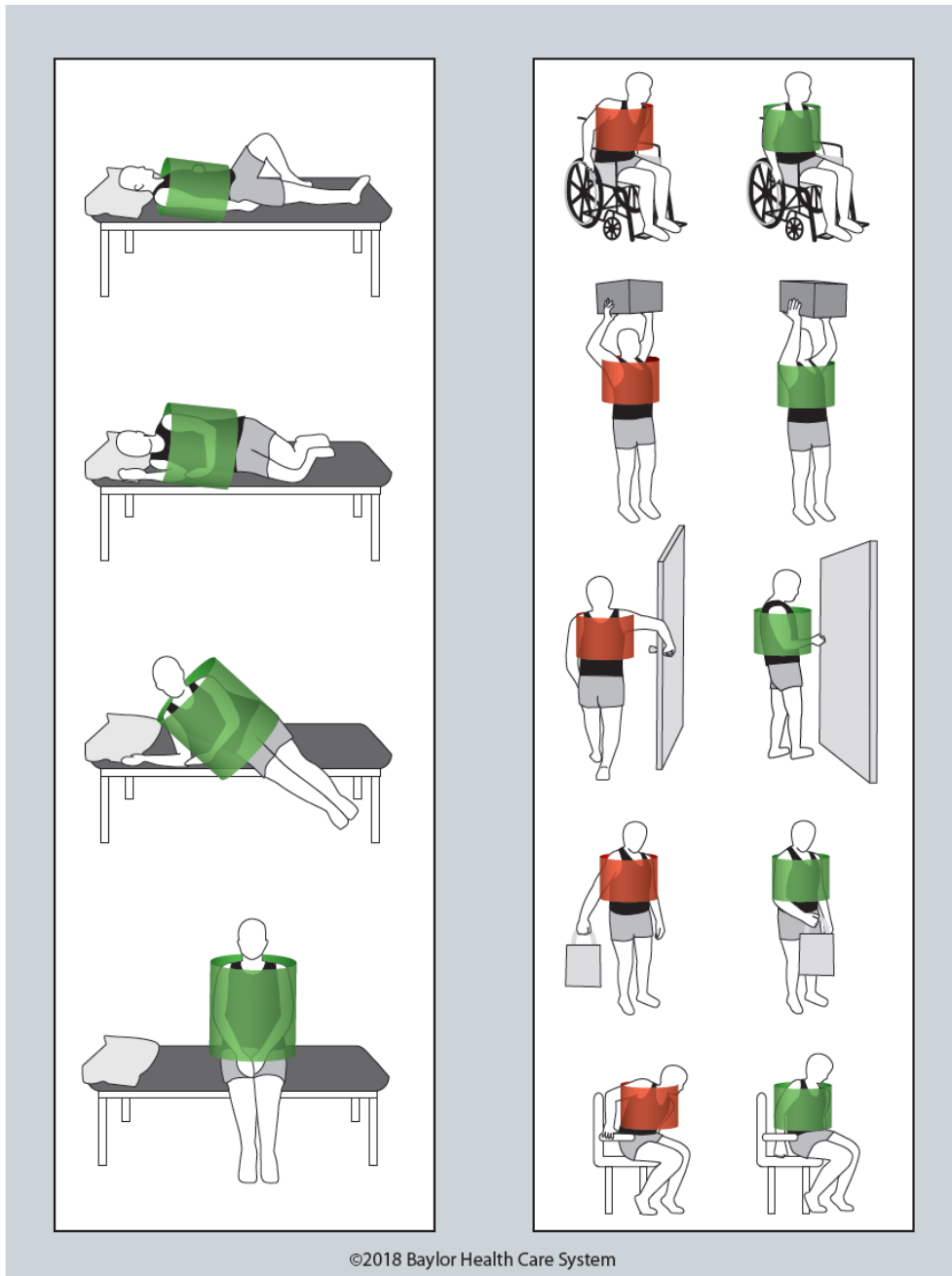


Keep Your Move in the Tube™

The table below shows how to do different types of movements in “the tube.” The images with **green** are safe ways to move that lessen stress on the breastbone.

The images with **red** are movements that put more stress on the breastbone. Avoid these movements until you don't have much pain or discomfort. Slowly start to move out of “the tube” when you no longer have much pain or discomfort.



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