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gently. Pain is a threat
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mind time to process
the change in the
body, and don't make
the change extreme.
Use graded exposure.
Introduce movements
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through collaborative
working between the
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practitioners, to
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Consider simple tips
for better sleep, from
setting a sleep

schedule to including
physical activity in
your daily routine. By

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Think about all the
factors that can
interfere with a good
night's sleep — from
work stress and family
responsibilities to

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unexpected
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