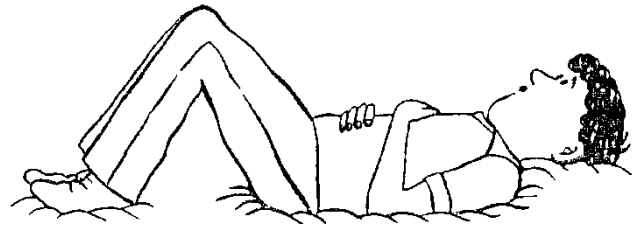


Breathing Exercises/Diaphragmatic

The following exercises are designed to help you deepen and improve your breathing by getting your diaphragm to do more of the work, and your chest muscles less. There are two steps involved: breathing in with your abdomen (to deepen inhalation) and breathing out through pursed lips (to control exhalation).

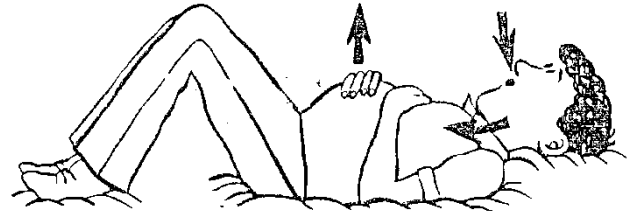
- Initially practice all exercises while laying flat on back as pictured (supine)
- Then perform exercises while standing
- Then while exercising if needed

1. Relax shoulders. The goal is to stay relaxed throughout the exercise.



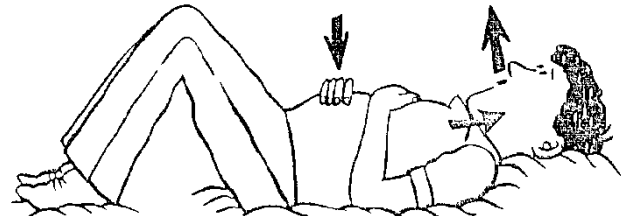
1) LIE DOWN, KNEES BENT, ONE HAND ON YOUR CHEST AND ONE ON YOUR ABDOMEN.

2. Breathe in through nose; pushing your abdomen (not chest) out.



2) TAKE DEEP BREATH, PUSHING YOUR ABDOMEN OUT

3. Breathe out through mouth with pursed lips. Make a soft "s", "sh" or "f" sound. Prolong breath out and let your abdomen down.



3) NOW BREATHE OUT, THROUGH PUCKERED LIPS, LETTING YOUR ABDOMEN DOWN.

4. Practice open (relaxed) jaw and relaxed tongue.

