

Breathing Exercises/Diaphragmatic

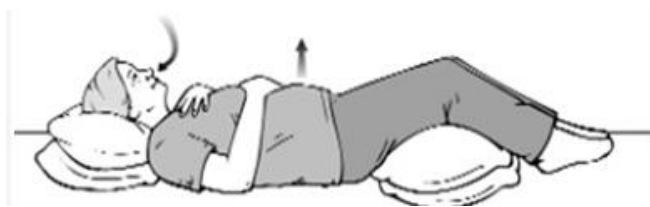
The following exercises are designed to help you deepen and improve your breathing by getting your diaphragm to do more of the work, and your chest muscles less. There are two steps involved: breathing in with your abdomen (to deepen inhalation) and breathing out through pursed lips (to control exhalation). Be sure to practice these exercises regularly, even when you are not having trouble breathing.

- 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.



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



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