

BREATHING EXERCISES

OVER-ALL GOALS: Decrease the work of breathing by:
Increasing the strength and efficiency of each breath
Decreasing the oxygen cost of each breath
Decreasing the respiratory rate (breaths per minute)

ACTION GOALS WITH BREATH IN:

- ↑ diaphragmatic breathing (DIAPHRAGM PULLS DOWN)
- ↑ lateral basal expansion (LOWER RIBS FLARE OUT)
- ↓ accessory muscle breathing (SHOULDERS, UPPER RIBS QUIET)

ACTION GOALS WITH BREATH OUT:

- ↑ time during breath out
- Breathe out during effort
- Ribs and stomach move in

TECHNIQUES:

1. **PURSED LIP BREATHING**: WHEN SHORT OF BREATH or in between coughing, PRETEND YOU ARE BLOWING OUT 100 BIRTHDAY CANDLES WITH EACH BREATH OUT. (This way you get more time with the oxygen, and your muscles get to rest inbetween each breath).
2. **PACED BREATHING**: “EXHALE DURING EFFORT.” Count slowly to 8, breathing out while climbing stairs, walking briskly, picking up groceries, etc.
3. **LATERAL BASAL EXPANSION WITH DIAPHRAGMATIC BREATHING**: With HANDS or STRAP on LOWEST RIBS, BREATHE IN FEELING YOUR LOW RIBS FLARE. COUNT SLOWLY: 1 elephant, 2 elephants, 3 elephants IN, then 1 elephant, 2 elephants, 3 elephants HOLD, then 1 elephant, 2 elephants, 3 elephants OUT, and 1 elephant, 2 elephants, 3 elephants HOLD for each breath. Your HANDS or the STRAP will move OUT WHEN YOU BREATHE IN, and IN when you breathe OUT!

