

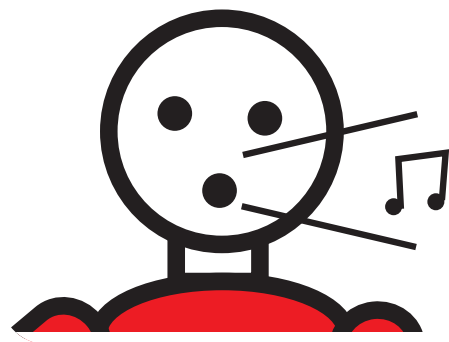
# Breathing exercises

If we are not very active, we tend to breathe less deeply and therefore less efficiently. Breathing exercises also play a part in improving our posture and exercising both the diaphragm and abdominal muscles.

## Fun with breathing exercises

You can also have fun with breathing exercises – try singing or whistling! It doesn't matter if you're not very good! If nothing else it may make you laugh at your efforts and laughter is proven therapy for us all!

If you can't whistle or sing, then just try a long slow blow. See how long you can take to blow a lung full of air out, counting in your head. If you can get to 20 or 30 you're doing fine!



These exercises can be done at any time of day. Many of them could be done while watching TV. It is useful to use something as a trigger to remind you to do some of the exercises.

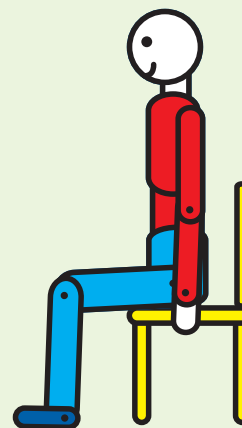
It is also sensible to intersperse the breathing exercises with the others so that you don't get giddy!

**If you have problems/concerns, talk to a physiotherapist.**

# Exercise 16

## Breathe out

Starting position: Sitting on a firm surface eg edge of the bed, on a stool/chair or even the loo!

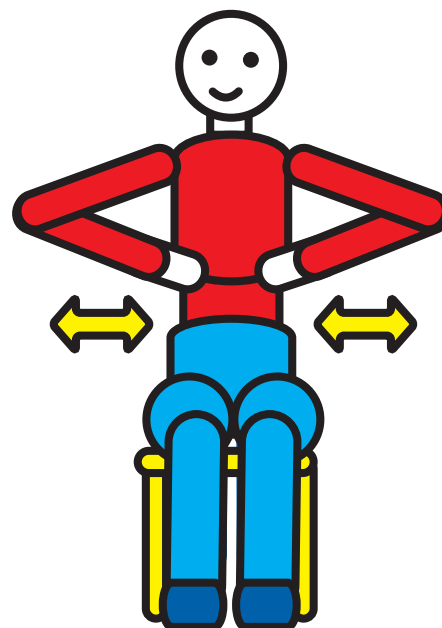


### Step one

Place your hands low down on the ribcage. Take a deep breath, feel as if you are filling the space under your hands with air, then breathe out.

### Step two

Only repeat this 2-3 times as it may make you feel dizzy if you do more.

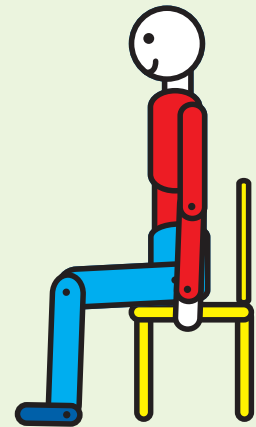


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# Exercise 17

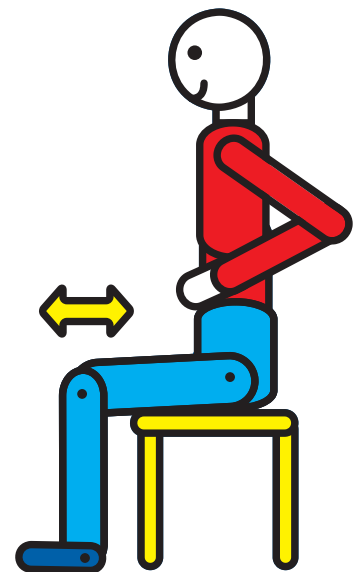
## Breathe in

Starting position: Sitting on a firm surface eg edge of the bed, on a stool/chair or even the loo!



### Step one

Place one hand centrally over your tummy just below the ribcage. Breathe in and try to fill up with air under your hand so that you push your tummy out as you breathe in. This exercise can be quite tricky so it may need a bit of practice - but again only repeat it 2-3 times each time you try it as you may feel dizzy.



If you have problems/concerns, talk to a physiotherapist.