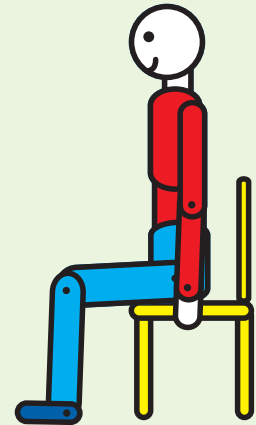


# Exercise 16

## Breathe out

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

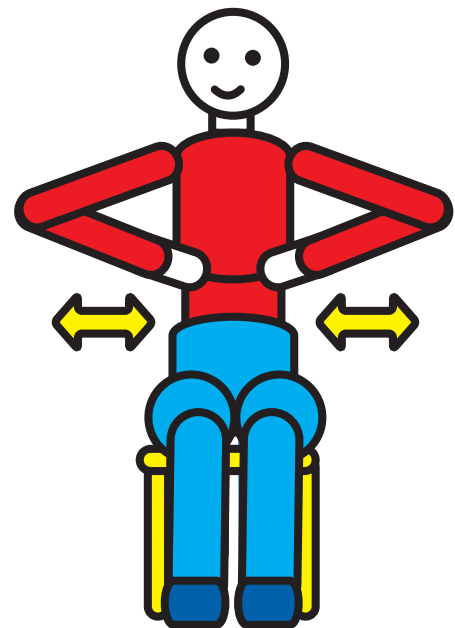


### Step one

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.



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