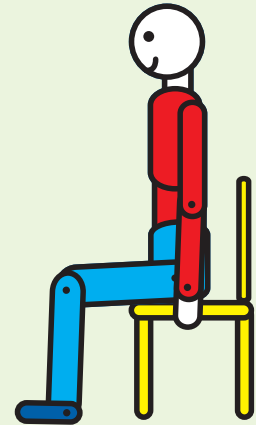


Exercise 17

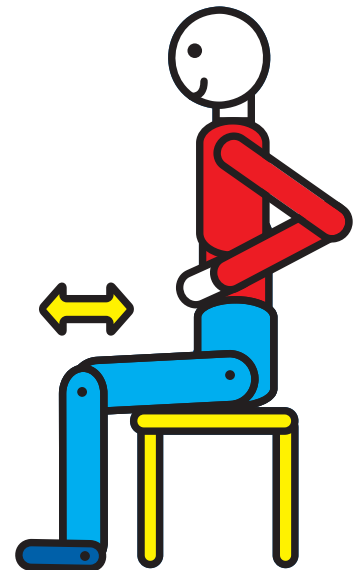
Breathe in

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.