

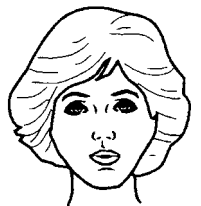
Breathing Exercises

Proper breathing allows air to enter all areas of the lungs. This increases your chest movement, and strengthens the muscles used for breathing and coughing. These breathing exercises will help to decrease your rate of breathing, pain, and risk for lung infections.

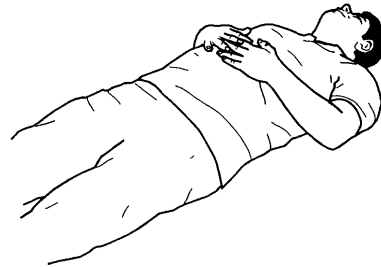
You may find it helpful to do these exercises in front of a mirror so you can watch how you are breathing. Breathe in deeply and do the exercises slowly for the best benefit.

Do each breathing exercise 5-10 times, three times each day.

- Breathe in through your nose. Purse your lips like you are going to blow a whistle or blow out a candle. Breathe out slowly through pursed lips. Repeat.



- Lie flat on your back. Place a book on top of your stomach or lay your hands there. Take a breath in through your nose and feel the book or your hands rise. Slowly let the air out through your nose and feel the book or your hands lower. Your breaths should be easy and without effort.



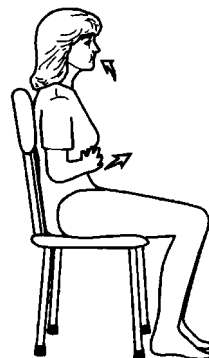
- Sit in a chair or stand up straight. Place both hands on the middle portion of your rib cage. While breathing in, try to push the sides of your rib cage out against your hands. Exhale slowly and repeat.



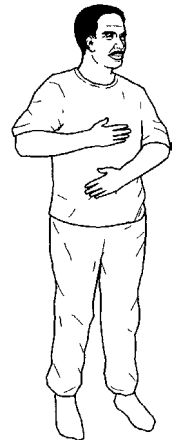
- Sit in a chair or stand up straight. Place both hands on your stomach. Breathe in through your nose and push out your stomach so you feel your hands move. Let the air out slowly through your nose and pull your stomach back in. Repeat.



- Start with your hands on the upper section of your rib cage. While breathing in, attempt to direct the air to the part of your lungs under your hands by pushing the air up and against your hands. Exhale slowly and repeat for the middle and lower sections of your rib cage.



- ❑ Sit or stand with one hand on your chest and the other on your stomach. Breathe in deeply through your nose and make both hands move as your chest and stomach both expand. As you breathe out, feel your hands move in on your chest and stomach.



- ❑ Sit up straight in a chair or stand up straight. Breathe in deeply through your nose while rolling your shoulders back. Keep your back straight and your head up. Roll your shoulders forward while you breathe out through your nose.



- ❑ Sit or stand and cross your arms in front of your body. Lift your crossed arms straight up while breathing in through your nose. Feel your rib cage lift and expand. Lower your arms slowly while breathing out through your nose. Relax and repeat.



- ❑ Stand and feel your spine being pulled up, like your spine is on a string, while you take a deep breath in through your nose. Your head should be up and your shoulders back. Think about your chest and stomach pushing out when you breathe in and pulling back in when you breathe out.

If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.