



## **PRI Breathing Techniques**

### **How should we breathe? Like a baby.**

- The abdomen expands first, then the chest. Don't use the neck!
- Breathe in through the nose and out through the mouth, or in and out through the nose for quiet breathing 8-10 times per minute.
- When performing breathing exercises, exhale twice as long as inhaling to recruit abdominals.

### **Why?**

- The bottoms of the lungs have a better blood supply, so there is good oxygen for the body.
- The diaphragm will get a lot of use, which prevents it from becoming tight and/or dormant.
- There will be less use of secondary respiratory muscles, and therefore, less chance of neck pain, headache, shoulder pain and back pain.
- Posture improves as a result of all of the above. You will feel better.

4 sec = inhale = 4 sec

8 second = exhale + pause 4 sec = 12 sec

### **Exhalation Breathing**

- Position: sitting with feet flat on the floor and knees level with or above hips or lying on your back with knees raised and supported.
- Focus on your breathing; however, do not attempt to alter it.
- Concentrate on the exhalation phase of breathing only.
- Exhale through your mouth "haaaa..." or sigh as you exhale.
- Think of exhalation as the beginning of the breathing cycle.