

# Breathing Exercise

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## Diaphragmatic Breathing Exercise

- Place one hand on your abdomen. Place one hand on your upper chest.
- Focus your breathing on your abdomen.
- As you breathe out, the hand on your abdomen should lower.
- As you breathe in, the hand on your abdomen should rise.
- Breathe in through the nose. Breathe out slowly through pursed lips.
- Practice this 2 to 3 times a day for 5 to 10 minutes. Start by doing it while lying on your back. Then try it while sitting. Then try it while standing. Finally, try it while doing an activity.

## Pursed Lip Breathing

- Breathe in through your nose (as if you are smelling something) for about 2 seconds.
- Pucker your lips like you're getting ready to blow out candles on a birthday cake.
- Breathe out very slowly through pursed-lips, two to three times as long as you breathed in.
- Repeat.

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