

## Coker Rehab Services

### **BREATHING TECHNIQUES**

#### **PURSED LIP BREATHING**

This technique is used to provide resistance to exhaled air and allows airways to remain open, and a higher airway pressure is maintained.

1. **INHALE** through your nose with your mouth closed.
2. **EXHALE** through your mouth with your lips pursed. (like whistling)
3. Make your exhalation twice as long your inhalation.
4. Practice this technique so that it becomes a habit and used for all daily activities.

#### **EXHALE WITH EXERTION** (“Whistle While You Work”)

This technique should be used when performing any activity in which you exert yourself. This is the passive phase of breathing and allows you to expel CO<sub>2</sub>.

1. **INHALE** before the exertion.
2. **EXHALE** through pursed lips while performing the hard part (exerting) of the activity.

For example, inhale while bending to pick up a box, then exhale while lifting the box.

Patient Name: \_\_\_\_\_

## DIAPHRAGMATIC BREATHING

This technique is used for more efficient breathing and to strengthen the diaphragm which performs 80% of the breathing.

1. Place one hand at the base of your ribs in the middle of your stomach. Place the other hand above the first hand.
2. **EXHALE** slowly through pursed lips while pulling your hands and stomach inward.
3. **INHALE** slowly through your nose, pushing your hands and stomach inward.
4. Practice this technique first while lying on your back, then progress to sitting.
5. You can advance this exercise by resting a book, small weight etc. where your hands are to strengthen the diaphragm.
6. It is best to use this type of breathing to recover from an activity, and to help you to relax your breathing.

With practice these techniques will become easier and more natural.