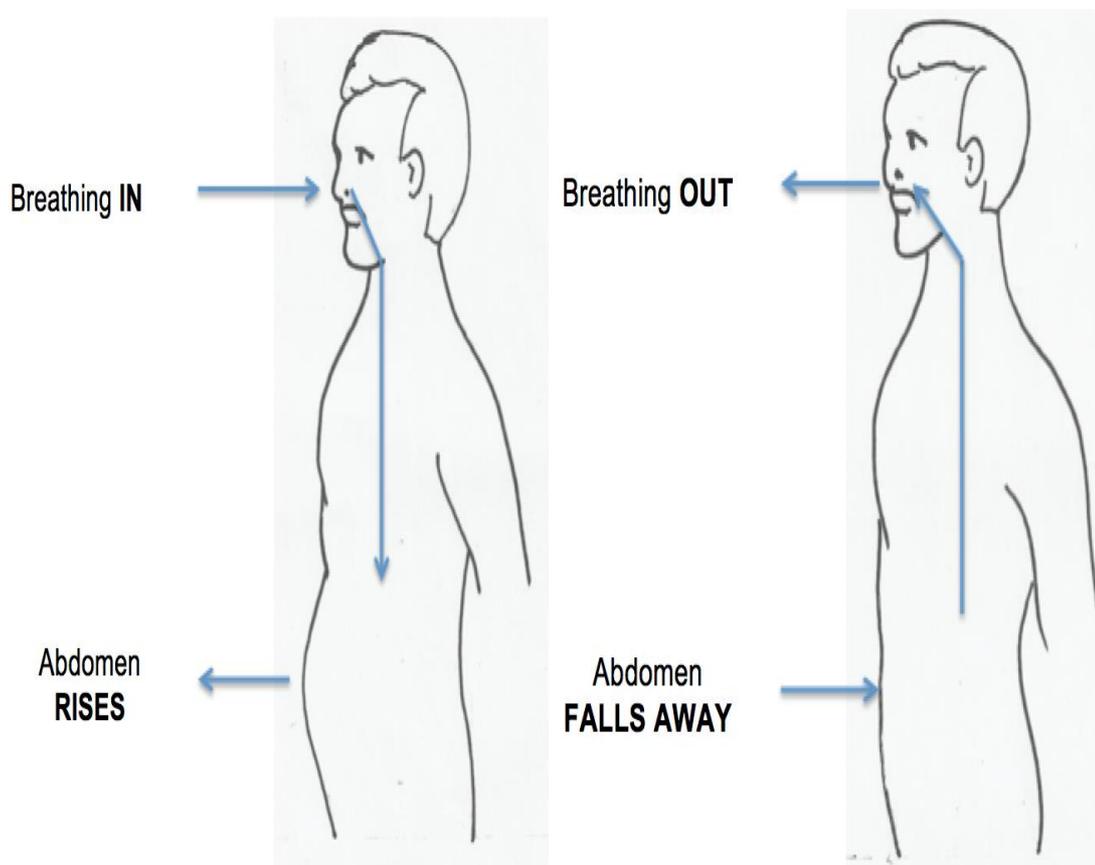


Breathing Control Exercises

It is common to develop a problem with your breathing, known as a breathing pattern disorder. This can often make your feelings of breathlessness worse.

With a good breathing pattern, you should see your abdomen (tummy) rising and falling, which means that you are breathing with your diaphragm. You should not see much movement in your upper chest.

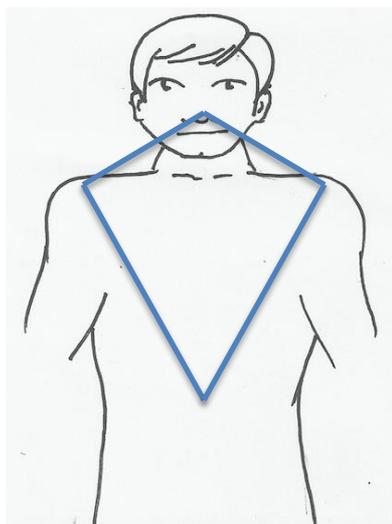
Diagram of a Correct Breathing Pattern



These exercises are called breathing control exercises and they can help reduce feelings of breathlessness. Try and relax when you do the exercises, especially in your shoulders, as they will be more difficult if you are tense.

PTO

A good way of remembering what breathing should look like, is to call it the 'diamond way of breathing'.



- In **AND** out through the nose (with the mouth closed)
- With the shoulders relaxed
- Just moving your tummy to breathe

Each breath should be small and even. Your stomach should rise about 2cms when you breathe in, and the air should be relaxed and not squeezed back out. There should always be a short pause of around 1-2 seconds before you breathe back in again.

A good tip to help you know if you are breathing correctly is to fold your arms (like you are a bit cross!). You should feel your tummy rising and falling underneath your arms.



Now you have perfected the correct way of regularly

breathing, it is important to practice (aim for 10 breaths in and out, at least 10 times a day) until it feels more natural. You can practice in sitting or standing, but if you are struggling it may be easier lying down, as you can see your tummy move better. If you are struggling with this technique, ask your GP to refer you to a respiratory physiotherapist who will be able to give you more help and advice.