

Breathing Techniques

Diaphragmatic Breathing

Lie on your back on a flat surface (or in bed) with your knees bent. You can use a pillow under your head and your knees for support, if that's more comfortable.

Place one hand on your upper chest and the other on your belly, just below your rib cage.

Breathe in slowly through your nose, letting the air in deeply, towards your lower belly. The hand on your chest should remain still, while the one on your belly should rise.

Tighten your abdominal muscles and let them fall inward as you exhale. The hand on your belly should move down to its original position.



Inspiratory Muscle Training

Make sure you are sitting or standing upright

Seal your inspiratory muscle training device with your lips

Breathe in as deep and as hard as you can for about 2 seconds

Breathe out through the device as you normally would

If you get very tired after using the device, cannot catch your breath, or your heart races: stop using the device. When you feel better, you can start using the device again.

2 sets of 20 repetitions, 1 min rest between sets

3 - 5 x / week

