

## Breathing Exercises

The program teaches breathing exercises to start the day. Clients find that daily breathing exercises are a convenient 15 minute routine to start the day.

- To reinforce proper breathing patterns
- For general relaxation
- To improve general flexibility
- To help remove secretions



### Important Notes

- When doing these exercises, breathe out through PURSED LIPS as you move.
- It is important to do these exercises EVERY morning!
- Keep a proper sitting posture when doing these exercises.

### The Exercises

#### 1. Diaphragmatic Breathing

- Sit in a relaxed position with your hands on your stomach
- Breathe in through your nose and feel your hands move outwards
- Breathe out twice as long through pursed lips and feel your hands move inwards
- Repeat 10 times

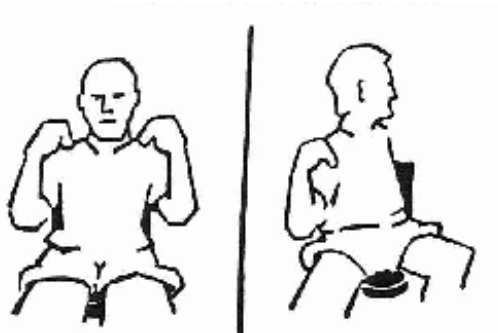


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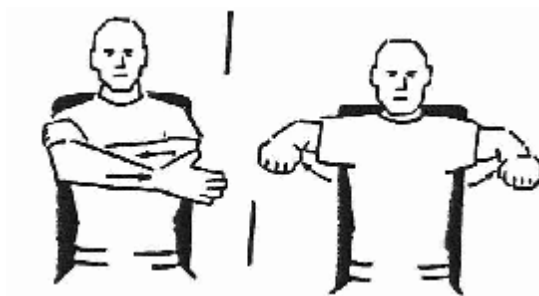
## 2. Trunk Rotation

- Sit with your hands on your shoulders
- Breathe in
- Breathe out, turning your trunk and head to the left.
- Pause and breathe in
- Then breathe out as you turn to the right
- Repeat to the other side
- Keep your shoulders relaxed
- Repeat 5 times



## 3. Elbows back

- Sit with your arms crossed in front of you at chest level
- Breathe in
- Breathe out as you pull your elbows back
- Pause and breathe in
- Breathe out as you return your arms to the starting position
- Keep your shoulders relaxed
- Repeat 10 times



## 4. Reach to the Ceiling

- Sit with your shoulders relaxed
- Breathe in
- Breathe out as you raise one arm forward and up towards the ceiling
- Pause and breathe in
- Breathe out as you lower your arm
- Repeat with your other arm

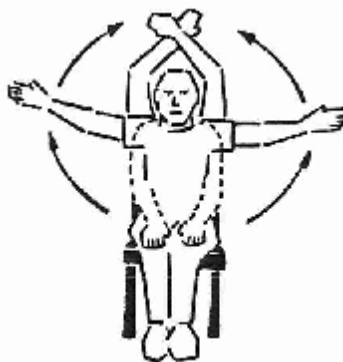


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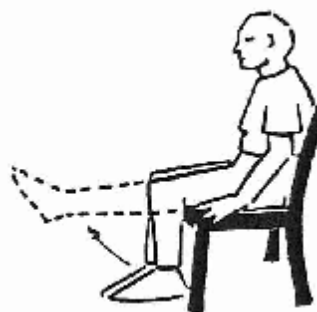
## 5. Windmill

- Sit in a relaxed position with your arms crossed on your lap
- Breathe in
- Breathe out as you raise your arms out to the side and up overhead
- Pause and breathe in
- Breathe out while lowering your arms out to the side and back to your lap
- Repeat 5 times



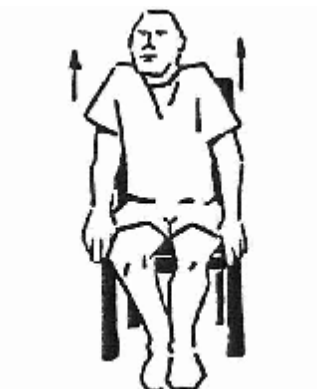
## 6. Thigh Strengthening

- Sit with your shoulders relaxed
- Breathe in
- Breathe out as you straighten one leg, keeping your toes pointed to the ceiling
- Pause and breathe in
- Breathe out slowly as you lower your foot to the floor
- Repeat with the other leg
- Don't let your leg drop!
- Repeat 5 times with each leg



## 7. Shoulder Shrugs

- Sit with your shoulders relaxed
- Breathe in
- Breathe out as you raise your shoulders up towards your ears
- Pause and breathe in
- Breathe out as you bring your shoulders down
- Keep your shoulders totally relaxed!
- Repeat 10 times



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## 8. Shoulder Circles

- Sit with your hands on your shoulders
- Breathe in
- Breathe out while moving your elbows forwards, up, back, and down
- Pause and breathe in
- Repeat in the opposite direction (Backwards, up, forwards, down)
- Keep your shoulders relaxed!
- Repeat 5 times in each direction



## 9. Foot Treading

- Sit with your shoulders relaxed
- Pump your toes and heels up and down
- Breathe continuously using pursed lip breathing
- Continue for 1 minute



## 10. Diaphragmatic Breathing

- Repeat 10 times



## **When not to Exercise**

Sometimes, especially when you feel unwell, it is best not to exercise. If you are not sure, then check with your therapist or physician.

These are some of the circumstances in which you might stop your regular program and just do the simple breathing exercise

- Unusual shortness of breath (i.e. more than your normal)
- Light-headedness and dizziness
- Chest pain or tightness in your chest
- Unusual amount of fatigue
- If your heart rate becomes irregular (i.e. it starts to skip beats)

**If you have any of the above symptoms, don't exercise and contact your family physician/nurse practitioner**

**Reproduced with Permission from:** West Park Healthcare Center  
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