



# BREATHING EXERCISE GUIDE

**Aster**  
**HOSPITAL**

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Digital Version



### BREATHING EXERCISE: HOW TO DO IT RIGHT

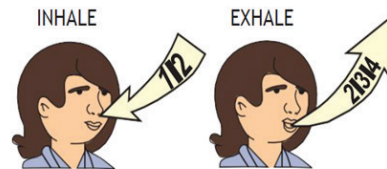
Before you get started, keep these tips in mind:

- Choose a place to do your breathing exercise. It could be in your bed, on your living room floor, or in a comfortable chair.
- Don't force it. This can make you feel more stressed.
- Try to do it at the same time once or twice a day.
- Wear comfortable clothes.

### INDICATIONS

- Post-surgical/pain (rib fracture/ICC).
- Poor expansion.
- Sputum Retention.
- Cystic Fibrosis
- Bronchiectasis
- Atelectasis.

- Respiratory muscle weakness.
- Asthma
- Increased breathing rate/effort
- Palpable secretions



### PURSED LIP BREATHING

- Breathe in through your nose for about 2 seconds (your mouth should be closed).
- Pucker your lips like you are going to whistle/ blowout a candle flame.
- Breathe out slowly through the pursed-lips, while counting till four.
- Repeat.

### WHAT DOES BREATHING TRAINING DO?

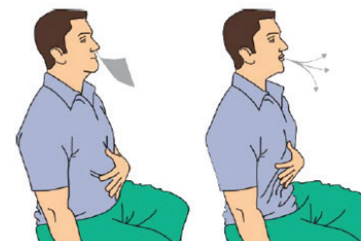
- Moves stale air and carbon dioxide out of the lungs
- Moves fresh air and oxygen into the lungs
- Helps control shortness of breath at rest and with activity
- Helps remove mucous from your lungs

### SEGMENTAL (APICAL) BREATHING



- Place both hands crossed on your chest.
- Inhale through your nose for about two seconds.
- Your chest should move outward as you breathe in.
- Breathe out slowly through pursed-lips.
- Repeat.

### DIAPHRAGMATIC (ABDOMINAL/BELLY) BREATHING



- Place your hand on your stomach.
- Inhale through your nose for about two seconds.
- Your belly should move outward as you breathe in and move more than your chest.
- Breathe out slowly through pursed-lips, while you gently press on your stomach.
- Repeat.

### THORACIC EXPANSION

- Clasp your hands.
- Keep your elbow straight and lift your hands up.
- Inhale through your nose while lifting.
- Unclasp and bring your hand down while breathing out.
- Repeat.





PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

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