

Breathing Control

Positioning Keep arms supported or rest on your lap. Shoulders and body should be loose. One hand on your chest, the other on stomach

Rise the tummy - Inhalation Slowly breathe in through your nose, with your mouth closed. If you're relaxed, the air will reach low in your lungs. Control your breath so your stomach should move slightly out against your hand.

Relax - Exhalation Breathe out through your nose. Your stomach will fall gently. Imagine all the tension in your body leaving as you let the air out.

Rest Wait for the next breath to come

Repeat a rectangle Follow the sides of the rectangle with your eyes as you use relaxed tummy breathing. Gradually slow the speed at which your eyes move around the edge of the rectangle to slow your breathing

Further Breathing Techniques

Blow-as-you-go Breathe in before you undertake a strenuous task. Then breathe out while you're making the effort. For example, when standing up, breathe in before you step or stand up, and then blow out as you stand up. Try pursing your lips as you blow out.

Further Breathing Techniques (cont)

Paced breathing Pace your steps to your breathing. For example, breathe in for one step and then take either one or two steps as you breathe out. Try different combinations to find what works best for you

Positioning against a wall

Stance Have your feet slightly apart, about one foot or 30cms away from the wall

Upper Limbs Rest your hands or thumbs in your waistband or belt loops, or across the shoulder strap of your handbag.

Restrictive specifically

Pathology Lungs do not fully expand as lungs themselves are stiff or because there is a problem with the chest wall or the breathing muscles

Sit upright in a firm chair If your chair doesn't have arms, rest your arms on your thighs. Let your wrists and hands go limp. restrictive breathlessness positions

High side lying: Lie on your side with pillows under your head and shoulders. Make sure your top pillow supports your neck. Slightly bend your knees, hips and top leg.

Positions - Restrictive Specifically

Pathology Airflow is slower because the disease makes the airways narrower or the lungs less elastic.

Positions - Restrictive Specifically (cont)

Because breathing out is slower, the person may need to breathe in again before they have emptied their lungs. This is called hyperinflation or gas-trapping and makes breathing uncomfortable

Leaning Forward Stand leaning forward lean from the hips, with your forearms resting on something at the right height, such as a chair or kitchen work surface.

Sit leaning forward lean resting your elbows on your knees

Sit leaning forward at a table (figure 3): rest your head and arms on pillows on a table when you're really short of breath

Lie on your side with pillows under your head Make sure the top pillow supports your neck. Slightly bend the knee of the leg you are lying on, with your top leg straight. Having your legs apart may also help. .

This position can help when you're breathless when you're resting, such as when your symptoms flare up



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