

Abdominal Breathing Exercises

12 June 2016

Diaphragmatic breathing lying



Place one hand on your stomach, and your other hand on your chest. Take a deep breath in, and push your belly (and your hand) upwards. Try and keep the movement of your upper chest to a minimum, so you concentrate on the deep breathing. As you breathe out allow your belly to sink inwards. Breathe slowly and evenly.

Sets 2

Repetitions 5

Video link: <http://youtu.be/6YB0pv3iv0g>

Diaphragmatic breathing sitting



It is easier to practice breathing techniques lying down initially, but if you prefer, you can try the breathing exercise whilst sitting.

Place one hand on your stomach, and the other on your chest. Take a deep breath in, and push your belly (and your hand) outwards. Try and keep the movement of your chest to a minimum, so you concentrate on the deep breathing. As you breathe out allow your belly to sink inwards. Breathe slowly and evenly.

Sets 2

Repetitions 5

Video link: <http://youtu.be/gheBjSirMss>

Mid-scalene sternocleidomastoid stretch



To help release the tension in your neck from upper rib breathing, practice this regularly.

Hook your fingers above your collar bone, and gently side-bend your neck to the opposite side. Hold the stretch. You should feel the stretch at the front/side of your neck. This exercise will help improve mobility to your neck.

Sets 2

Repetitions 5

Time Hold 10 secs

Perform both sides

Video link: <http://youtu.be/8by8-cpjPJJ>



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Bilateral mid pec stretch

This will help you open your chest and encourage your shoulders to drop back and down, helping your breathing.

Place your arms at 90 degrees, with your palms flat on the wall, and face towards a corner. Step forwards into the corner keeping your hands in the same position. You will feel a stretch across your upper arms, front shoulders and chest.

Sets 2

Repetitions 5

Time Hold 10 secs

Video link: <http://youtu.be/yUzaf5pQ7XQ>

Perform these exercises daily to learn how to abdominal breathe and release the build up of tension in your shoulders and neck. Stop any exercise that causes pain. If you have any questions with an exercise, just email us on reception@the-sop.com.