

# GARDENER PHYSIOTHERAPY HOME BASED BREATHING EXERCISES



## ACTIVE CYCLE OF BREATHING TECHNIQUE

1. Breathe in and out gently (3 times)
2. Followed by 3 deep breathes
3. Repeat breathing in and out gently (3 times)
4. 2-3 huffs
5. Breathe in and out gently (3 times)
6. Cough

Repeat steps 1-6 for 3 repetitions



## PURSED LIP BREATHING

1. Relax the muscles of your neck and shoulders
2. with a normal breathe inhale through your nose for a count of 2 seconds.
3. "Purse" your lips as if you are going to whistle/ blow out a candle and exhale slowly for a count of 4 seconds.

## RELAXED BREATHING POSITION



1. With your feet flat on the floor, rest your arms on a table
2. Lean forward with your chest
3. Rest your head on a pillow OR on your forearms



## DIAPHRAGMATIC BREATHING

Optional positions for this exercise:

- You can lie in your bed
- Sit on the floor with a pillow under your head & knees.
- Seated in a chair with relaxed shoulders, head and neck

1. Place one hand onto your upper chest and the other onto your belly
2. Breathe in through your nose (feel your belly fill with air)
3. Breathe out through your mouth with pursed lips (feel your stomach muscles tighten)

Complete this exercise for 5-10 minutes, repeat 3-4 times per day.



## COUGHING

Cough & sneeze with a flexed (bent) elbow or into a tissue, then dispose of the tissue into a dustbin.

Practice good hygiene through hand-washing thereafter.

## HUFFING


1. Sit up straight with mouth slightly open & chin tilted upward
2. Breathe in slowly through your nose
3. Hold the breathe for 3 seconds
4. Exhale forcefully with an open mouth (similar to fogging up a mirror)



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