

Diaphragmatic Breathing



Starting position

- Lay on your back in a quiet space free from distractions
- Place a chair or a ball under your legs so that your knees and hips are at or about a 90-degree angle.
- You should feel that your neck and spine are both in a neutral position.
- Place one hand on your chest and one hand on your stomach, at or just below your belly-button. This hand position will help to assist you in tracking your breath.

Breathing technique

- Breathe in and out through your nose for one cycle as you normally would.
- As you breathe in you should feel your hand by your stomach rising. With each breath you want your hand by your chest to remain as still as possible (in other words, you do not want to feel your chest lifting as you breathe.)
- Complete another cycle. (You may notice that you may need to take breaths deeper than usual when learning this technique.)
- Once you can do this comfortably, breathe into the sides of your abdomen. To do this, reposition your hands onto your sides, just above your hip bones. With each breath in, breathe into your entire abdomen, both the front and sides.
- This may be practiced for up to 5 minutes 1-3 times daily, or as recommended by your doctor or therapist.

If you have any questions about this exercise, please call our Physical Therapy Department or your Chiropractor at 773.878.7330.

