

Patient information

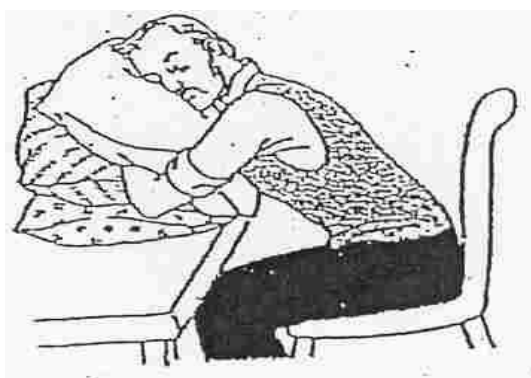
Positions of Ease

When breathing is difficult, there are several positions that may help you to get control of your breathing with minimum effort. These positions are called positions of ease and are positions that allow the diaphragm (the main muscle used in breathing) to be offloaded, and therefore to work efficiently.

These positions are:

High side Lying

Make a slope with 3 or 4 pillows. Lie high up on these pillows, with the whole of the side supported.

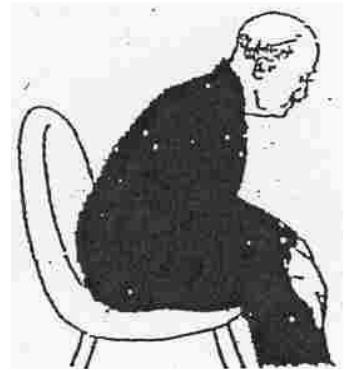


Forward Sitting

Sit, leaning forward from the hips, with a straight back, resting your head, shoulders and arms on a table.

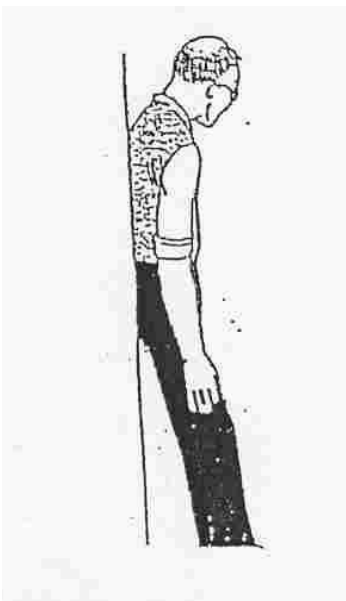
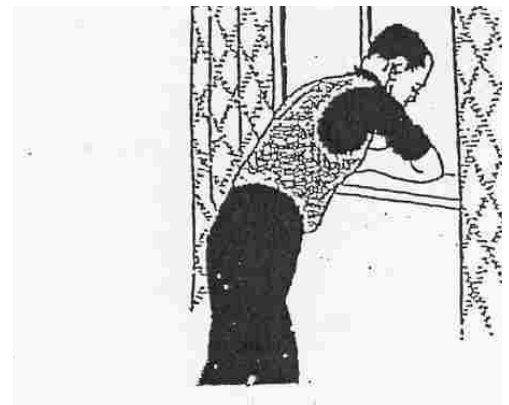
Alternatively

Sit and lean forward with a straight back. Rest your forearms on your thighs.



Standing

Stand and lean forwards from the hips onto something of the required height, such as a window sill.



Alternatively

Lean the lower part of your back against a wall, with the arms hanging loosely.

Whilst in these positions you may be able to carry out breathing control. Your physiotherapist will instruct you on the required technique.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk>



© West Suffolk NHS Foundation Trust