

Patient information

Breathing re-training for older children

Every day, as often as possible:

Posture

Make sure your shoulders are not rounded or raised and imagine an invisible string pulling up from the top of your head to make your posture straighter.

Keep well hydrated

Drink at least 1 litre each day, more if you're exercising or it's hot.

Always nose breathe when possible

Obviously, you will need to mouth breathe if you are talking / singing or have a cold!

If your physiotherapist has recommended nasal rinsing, please try to do this as advised.

Breathing control exercise

- Lie comfortably, supported well with pillows
- Notice tummy rise and fall, allowing air to float in through your nose and gently relax air out
- Aim for gentle, quiet breaths
- Rest your hand on your tummy to feel it rise as you breathe in
- You could also place a small weight (e.g. bag of rice / small hardback book) to help feel the movement

- Once you feel the tummy moving gently up and down when you breathe, and a reduction in upper chest movement, try to notice the natural pause after a breath out
- Try to rest during the pause, so the length of breath in, out and pause is equal

This breathing exercise can feel quite difficult to do if you always breathe with your upper chest and if you normally breathe quite fast at rest. Give yourself at least 10 minutes, twice a day to practice, more if possible.

Contacts and resources

www.physiotherapyforbpd.org.uk

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West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nhs.uk. This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)
<https://www.accessable.co.uk>



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