



Abdominal Breathing Exercise

Perform these exercises _____ time each day.

1. Place one hand on your abdomen just below your rib cage.
2. Inhale slowly and deeply through your nose into the bottom of your lungs (sending the air as low down as you can.) Your hand should rise and your chest should move only slightly as your abdomen expands.
3. When you've taken a full breath, pause for a moment and then exhale slowly through your nose or mouth. Exhale fully.
4. Do 10 slow, full abdominal breaths. Try to keep your breathing smooth and regular without gulping in air or letting your breath out all at once. If you need help to slow your breathing down, count to 4 on the inhale (1-2-3-4) and on the exhale (1-2-3-4)
5. If you start to feel lightheaded during the exercises, stop.
6. Extend the exercises until you are able to complete 5 full minutes of abdominal breathing.

Resident: _____ Therapist _____