

Breathing Control, Relaxation Positions & Mobility Exercises

for patients with
Chronic Lung Disease

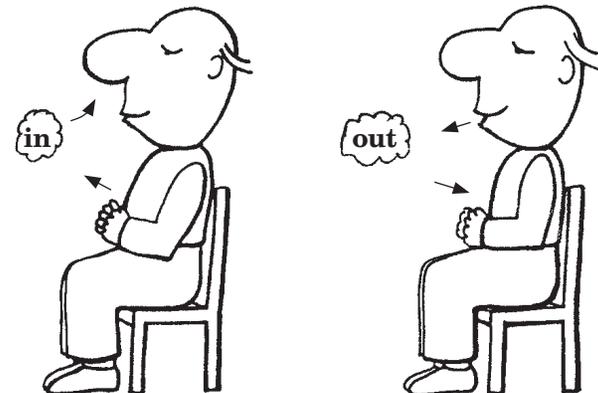
Name: _____ Date: _____

Physical Therapist: _____

Breathing Control

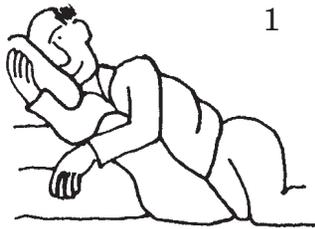
Breathing control is gentle, relaxed breathing used to help breathlessness. You can use it to gain control of your breathing during exercise, daily activities, stress or a lung infection. Start by doing it at rest as outlined below until you can easily do it at any time.

- Sit in a comfortable, well-supported position.
- Keep your upper chest, shoulders and neck relaxed and use your lower chest to breathe.
- Place one hand on your upper stomach to feel your breathing movement.
- Breathe in gently and smoothly through your nose. Your hand should rise **up** and **out**. Your shoulders and upper chest should not rise.
- Slowly let the air out (you may want to use pursed lips at first) taking 2 to 3 times longer than breathing in. Your hand should sink **down** and **in**. **Never** force the air out.



Relaxation Positions

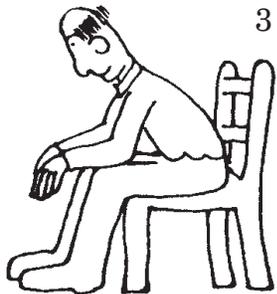
Use these positions to help you gain control of your breathing if you become breathless. Practise these positions so you can do them easily when you need them. You can do **breathing control** in any of these positions as well. Use couch cushions or firm pillows for positions 1 and 2. Use a high fence, bookshelf or ledge for position 4.



1



2



3



4

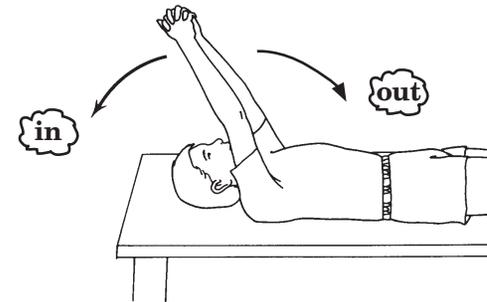
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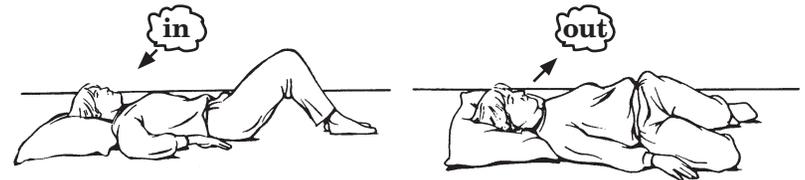
Mobility Exercises

Do these exercises **Lying Down** with knees bent up. Do each exercise daily, 10 times each unless your therapist tells you otherwise.

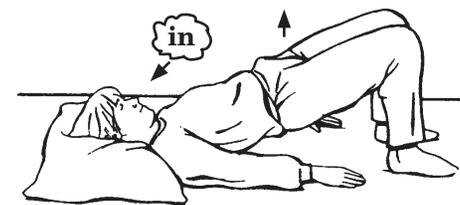
- ❑ Breathe in as you raise arms over head. Breathe out as you lower arms.



- ❑ Rock bent knees from side to side. Breathe out as your knees go to the side and breathe in as they come to the middle.

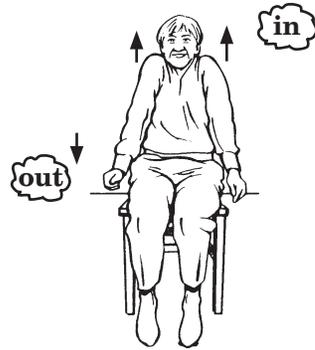


- ❑ Lift your hips off the bed as you breathe in. Lower as you breathe out.

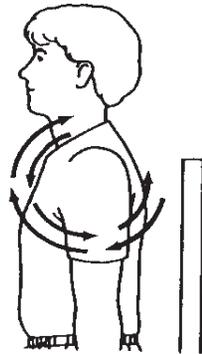


Do these exercises **Sitting Down**. Do each exercise daily, 10 times each unless your therapist tells you otherwise.

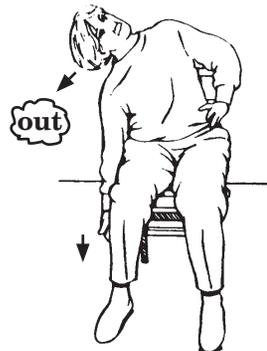
- ❑ Shrug your shoulders up as you breathe in. Lower them as you breathe out.



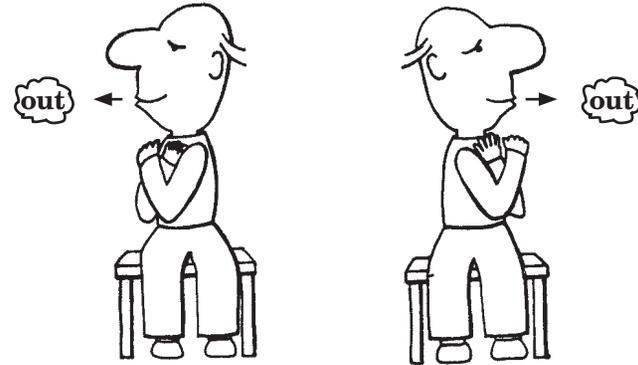
- ❑ Roll your shoulders backwards in a big circle. Repeat, rolling them forwards.



- ❑ Bend sideways towards the floor breathing out. Breathe in as you come back to the middle. Repeat to the other side.



- ❑ Cross arms over your chest and breathe out as you turn your body and head to the side. Breathe in as you come back to the middle. Repeat to the other side.



Adapted with permission from St. Paul's Hospital Physiotherapy,
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