



TWO SUPER SIMPLE EXERCISES TO

Help You Breathe Better, Today

Breathing freely, easily and deeply
is key to feeling well

This guide will help you learn to breathe properly again



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ANYONE CAN LEARN THESE SKILLS

Breathing well is also key to
having *soft, supple muscles*
that are ready for action

Signs that you might not be breathing optimally include:
feeling breathless at rest, frequently sighing deeply or yawning, feeling like you have a tight chest, feeling your heart flutter or race, having cold hands and feet, feeling light-headed, having tingling or numbness in your lips or finger-tips, suffering from headaches, blurred vision, dry throat, heartburn, IBS, achy muscles and joints tiredness, broken sleep, nightmares, and high anxiety levels.



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Improve Your Breathing, Today

STEP 1 'ABDOMINAL BREATHING'

The aim is to encourage slow, abdominal breathing, where possible through the nose. This may initially feel uncomfortable or wrong.

- Lie on your back, with one hand on your abdomen.
- Allow your body to relax for a minute and try to sense the movement of your abdomen.
- Try to breathe in by filling your abdomen rather than moving your chest - your abdomen should rise when you breathe in, and fall as you breathe out.
- Once you have achieved the correct movement of your abdomen, try to breathe a little more deeply, filling your abdomen with air.
- Breathe out as much as you can - try counting slowly: One, two on the in-breath, and three, four, five on the out-breath.



Aim to breathe about 12 times per minute.

If you are breathing too fast, just relax for a few minutes and then try again.



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STEP 2

'PURSED-LIPS BREATHING'

This exercise helps to train a slower breathing rate. By concentrating on exhalation, it also encourages you to 'breathe off' carbon dioxide.

- Lie on your back. Hold up a finger about 10 inches (25 cm) away from your mouth.
- Gently and slowly blow through pursed lips (as if you are blowing through a narrow straw) so that you can feel a gentle airflow onto your finger.
- When you have exhaled fully, without strain, pause for a count of one, and then inhale through your nose. (Full exhalation creates a sense of a 'coiled spring', making inhalation easier).

Perform 30 breaths, and practice this in the morning and evening. If you feel light-headed during the exercise, stop blowing on your finger and relax.

**It is important to practise regularly
- a least once per day**