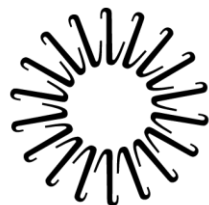




Breathing Strategies



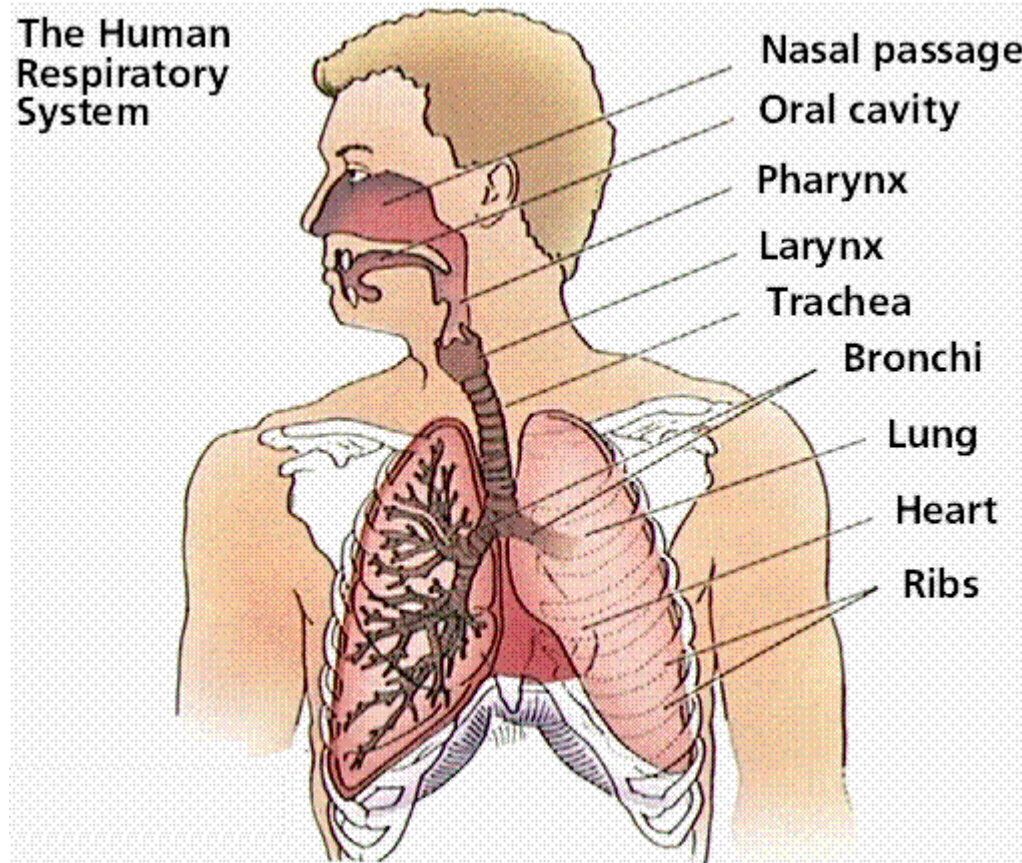
Lifespan Cardiovascular Institute

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What path does oxygen take to get to your lungs?

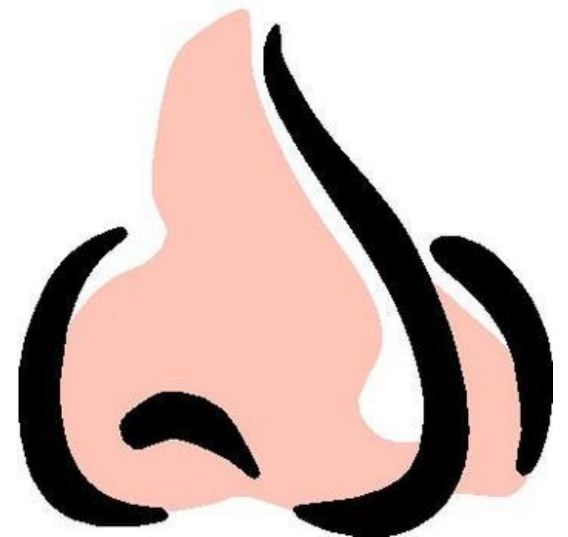


Does it matter if you breathe through
your mouth?



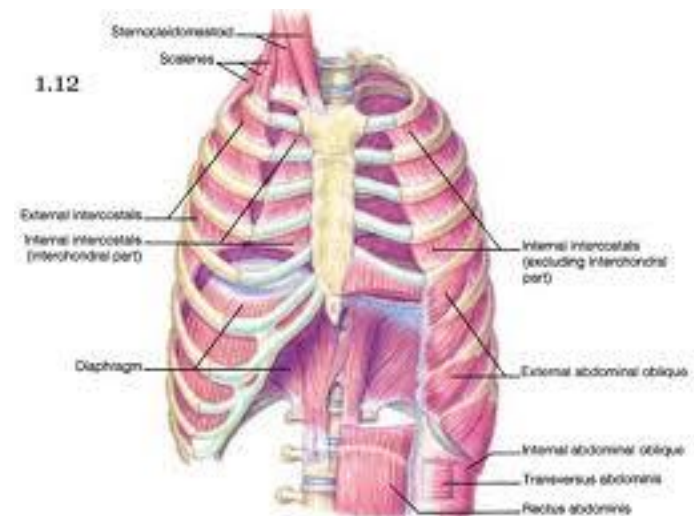
Mouth Breathing vs Nose Breathing

- The air still gets to your lungs, but you are using more energy to get it there.
- You lose the humidification and purification that the nasal passages provide
- Some oxygen devices only give you oxygen when you inhale through your nose not the mouth



What do your ribs and muscles have to do with breathing?

- Your ribs should move up when you breathe-like lifting a bucket handle when you inhale
- Your breast bone (sternum) should move up like a pump handle
- If these parts move differently, then it is taking more energy to breathe.
- This is called paradoxical breathing



Breathing Techniques-pursed lip breathing

- Breathe in through the nose and exhale through pursed lips
- The exhale should be 2x as long as the inhale
- The exhalation should be slow and gentle
- This is a good technique to slow down your breathing and for pacing



When to use Pursed-lip Breathing (PLB):

- To “catch your breath” after doing something strenuous –better to use PLB to keep from getting Short of Breath!
- Use PLB with activities of daily living-see handout



Diaphragmatic Breathing (Belly Breathing)

- Start by sitting or lying in a relaxed position.
- Place 1 hand on your chest and the other on your abdomen.
- As you inhale-focus on your abdomen expanding and your chest staying still
- Your abdomen should go back to baseline when you exhale



Exercising to get more air in:

- Stacking breaths: take a medium breath and then “sip” in 3-4 more breaths without exhaling. Hold for 2-3 seconds then exhale
- Segmental breathing: this one is used to get more air into a portion of the lung that is limited (by an illness like pneumonia)
- Place your hands over the portion of the lung that you want to expand and “breathe into the hands”
- These techniques can be used if you have more mucous or after an illness or surgery.

Why is it bad to hold your breath when you are exercising?



Breath holding:

- When you hold your breath while you are straining (bending, lifting) or bearing down- you will temporarily lower the amount of blood that your heart is pumping out
- This can make some people pass out

When in doubt:

