



CO-OPERATIVE HEALTH CENTRE
Prince Albert Community Clinic
Community Respiratory Care Program
110 8th St. E., Prince Albert, Sask., S6V 0V7
Telephone: 306-763-6464 Fax: 763-2101

Breathing Retraining (Adult) Handout

Breathing Checklist

- 'When in doubt – breathe out.'
- Lips together, jaw relaxed, breathing low and slow.

Breathing and Posture Check

- STOP – check chest
- DROP – shoulders down
- FLOP – relax all over
- And low slow nose breathe

CHECK HOURLY

Practice

"If a thing is worth doing –it's worth doing slowly" Mae West

It is worth putting in the practice in the early days, and slow down.
2 x 10 minute sessions a day in relaxed lying.

- Beach pose to start-to recruit the low chest muscles to work easily. (Arms above your head, knees bent up) (1-2 mins).
- Lying flat—pillow under knees – arms down by sides, palms down – concentrate on abdominal breathing in and out through the nose.
- Weight (1-2 kg – wheat pack or bag of rice) on stomach.
- Be aware of the gentle rise and fall of the weight as you breathe, with a relaxed pause at the end of the exhale. (Visualise waves --3-5 mins).
- Switch weight to rest on your upper chest.
- Continue with gentle abdominal nose breathing, concentrating on the stillness of your upper chest (3-5 mins).
- You can vary the sequences as you wish.
- Get up very slowly, in case you feel lightheaded.

Remember

- Mouth breathing and or/upper chest breathing at rest is both wasteful of energy and huffs out too much carbon dioxide.
- Save upper chest breathing for excitement, activity or effort, when you actually need more oxygen.

Great books on breathing pattern disorders and self-help: Breathing Matters by Jim Bartley

Physiotherapists, in Prince Albert, with interest in diaphragm breathing:

Allisyn Camche - ACPHysiotherapy 306-961-1911

Christina Charles - Freedom Physio 306-763-2322