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Breathing Exercises

• While Sitting, With One Hand On The Chest And The Other On The Belly, Take A Deep Breath In Through The Nose, Ensuring The Diaphragm (not The Chest) Inflates With Enough Air To Create A Stretch In The Lungs. • Exhale Slowly Through Pursed Lips. Initially Repeat 3 Times. You Can Work Up To 6 -10 Deep, Slow Breaths Per Minute For 2-3 Minutes. May 6th, 2024

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Ual Volume With An Incentive Spirometer) Four Times A Day. Ms. Dull Was A Graduate Student, Programs In Physical Therapy, University Of Iowa, Iowa City, IA, When This Study Was Done. She Is Now Physical Therapist, Community And Home Health Service Agency, Iowa City, IA 52240 (USA). Dr. Dull Is In May 12th, 2024

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