

Physiotherapy



Pump Action Breathing

Lie in the position shown in the photo.

Relax your abdominal muscles.

Place one hand on abdomen just below your belly button. Place your other hand on your upper chest.

The aim of this exercise is to assess the ability of your diaphragm to pump air to the base of your lungs. With correct pump breathing only the hand on your abdomen should be moving. If you tend to breathe through your upper chest, you may feel that your top hand continues to move.



Try and change your breathing to keep your top hand still and have your belly pop OUT as you inhale and sink IN as you exhale. Don't breathe more or less than you usually would when you do this. Stop if you find it gets more difficult- your body may only allow you to practice for a short period to start.

Beach Pose



This exercise is a good place to start training your breathing if you found it hard to keep your upper chest still in the pump action exercise.

Place both hands above your head as seen in the picture- this helps fix the upper chest muscles allowing the diaphragm to move.

Nod your head forward and place your

tongue behind your top teeth. Say the letter 'm'.

Breathe in through your nose and out through your mouth for five or six breaths. To progress this exercise can involve placing a light weight such as a wheat bag on your navel area to increase the strength of your diaphragm.