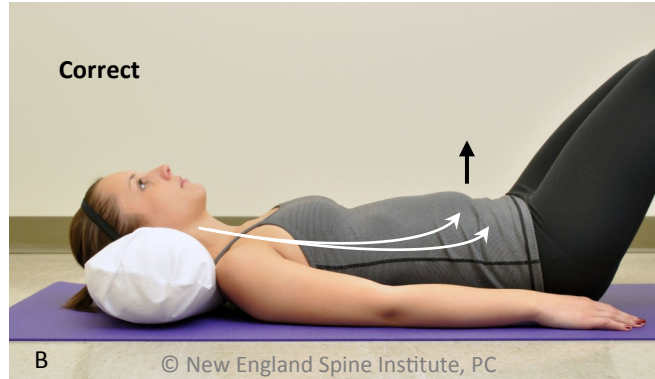
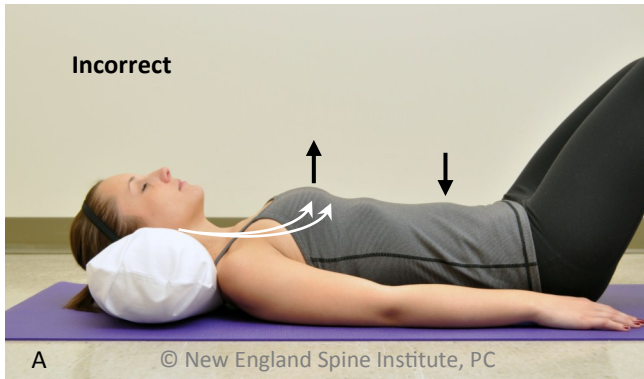


Breathing Training



- One of the most common incorrect breathing patterns is represented in figure A. While breathing in, the chest expands and the abdomen draws in. This breathing method can strain the neck and upper back.
- The correct breathing technique is represented in figure B. Air should be drawn into the lungs and the abdomen should expand outward.

Training technique:

- Lie on the back with the neck / head and knees supported. A pillow should be placed beneath the knees.
- Place one hand on the sternum (breastbone) and the other hand on the lower abdomen beneath the naval (C).
- Take in a slow, deep breath. Direct the breath toward the lower hand. The hand on the lower abdomen should raise first, followed by the hand on the chest (D).

Unless otherwise indicated below, perform this exercise at least twice daily for 5 minutes each session.

Repetitions: _____ Sets: _____ Repeat _____ times daily.

Hold time: _____ Other instructions: