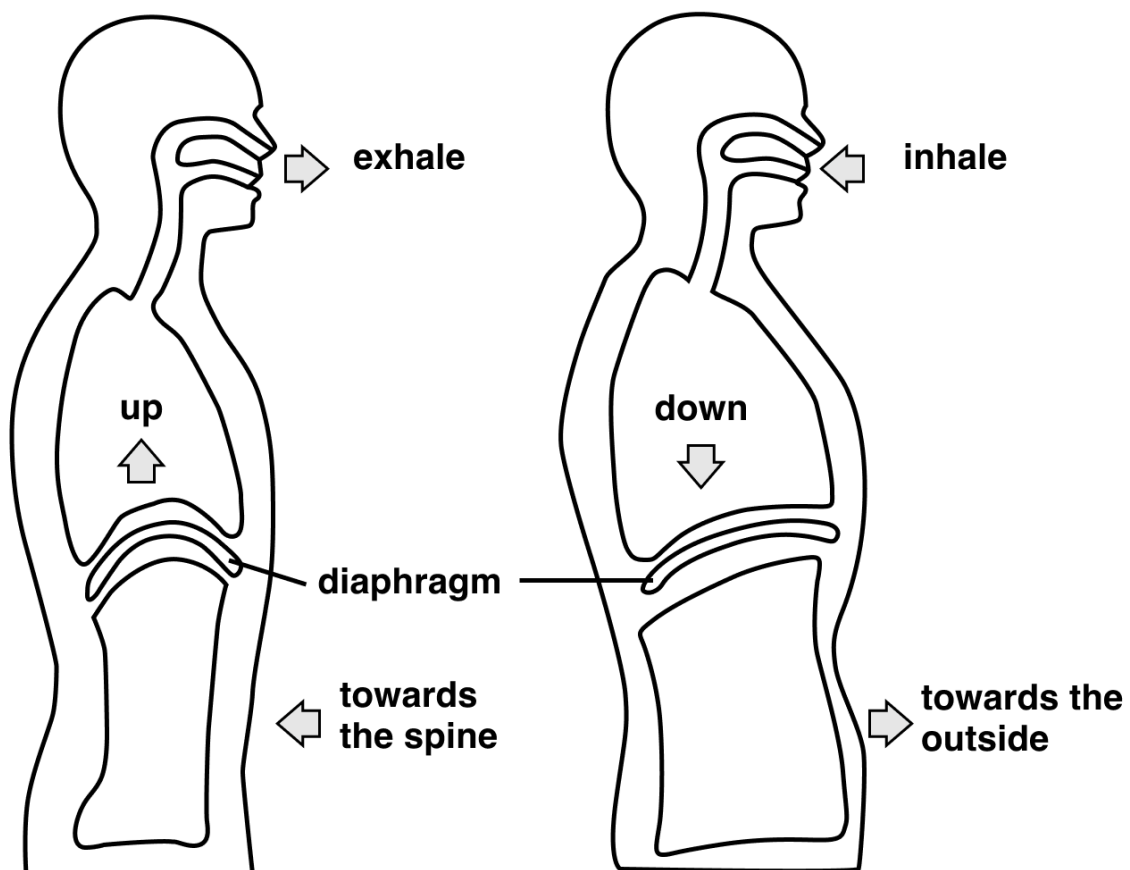


# Diaphragmatic Breathing Diagram



## Reference:

ResearchGate. (n.d.). *Assessments and Targeted Rehabilitation Therapies for Diaphragmatic Dysfunction in Patients with Chronic Obstructive Pulmonary Disease: A Narrative Review - Scientific Figure*. Retrieved June 16, 2024, from [https://www.researchgate.net/figure/Diaphragmatic-breathing-Notes-When-the-patient-inhales-the-abdominal-wall-moves\\_fig2\\_358971097](https://www.researchgate.net/figure/Diaphragmatic-breathing-Notes-When-the-patient-inhales-the-abdominal-wall-moves_fig2_358971097)

---

## Step-by-step instructions

1. **Positioning:** Supine position
2. **Hand placement:** Supine position
3. **Breathing:** Inhale

---

## Key points to focus on

- **Chest movement:** The hand on your chest should remain still during breathing.
- **Abdominal movement:** The hand on your belly should rise during inhalation and fall during exhalation.
- **Relaxation:** Keep your shoulders, head, and neck relaxed throughout the exercise.

## Practice tips

- Practice for 5-10 minutes several times a day.
  - Start with short sessions and gradually increase duration as you become more comfortable with the technique.
  - Focus on your breathing and the sensations in your body to achieve relaxation and improved lung efficiency.
- 

## Precautions

- Avoid forced expiration or prolonged exhalation.
  - Do not initiate inspiration with accessory muscles and upper chest.
  - Practice deep breathing for only three or four inspirations and expirations at a time to avoid fatigue.
- 

## Indications

- Post-operative pain
  - Airway obstruction (COPD, asthma)
  - Sleep apnea
  - Atelectasis
  - Restriction of breathing due to musculoskeletal abnormality or obesity
  - Central nervous system deficit
  - Neurological patient with muscle weakness
  - Surgical procedures such as thoracic or abdominal surgeries
- 

## Benefits

- Improves lung efficiency
- Enhances oxygenation
- Reduces stress and anxiety
- Lowers blood pressure
- Improves core muscle stability
- Increases relaxation
- Helps with relaxation and stress management