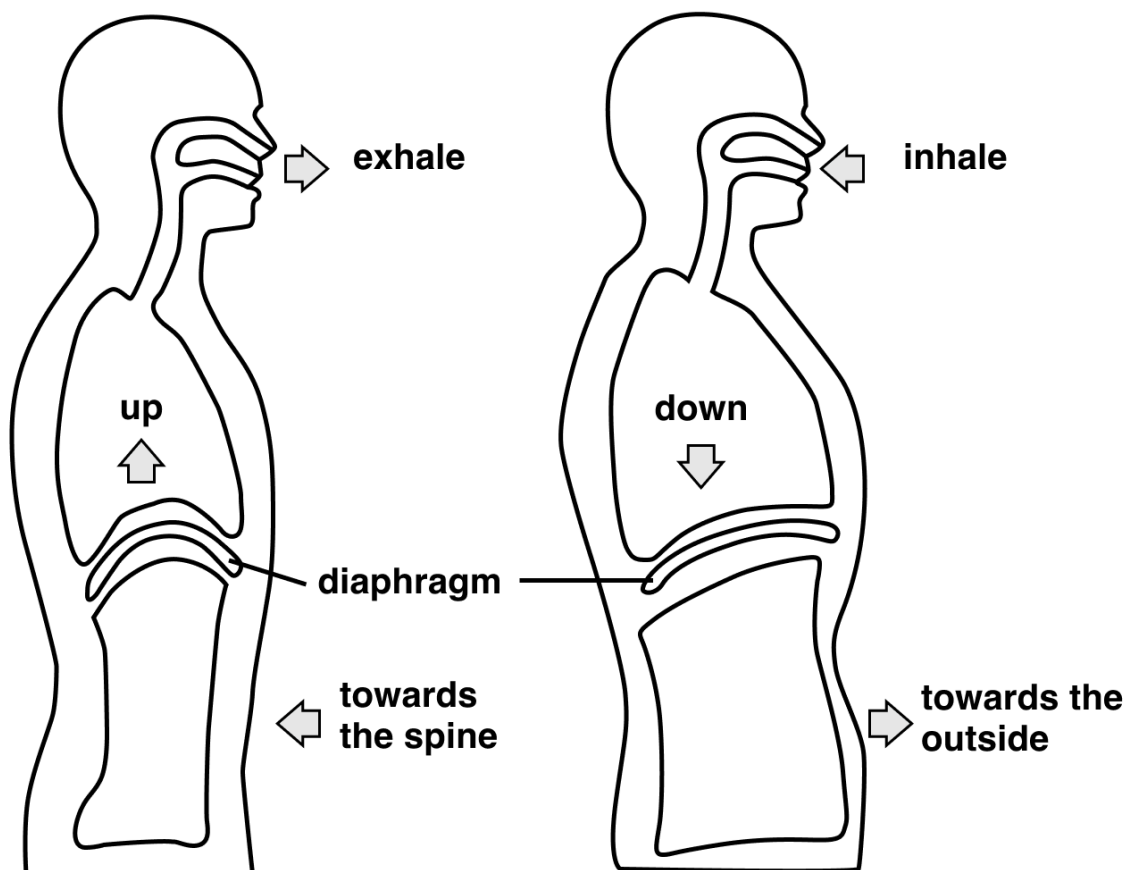


Diaphragmatic Breathing Diagram



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

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.
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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.
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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
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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