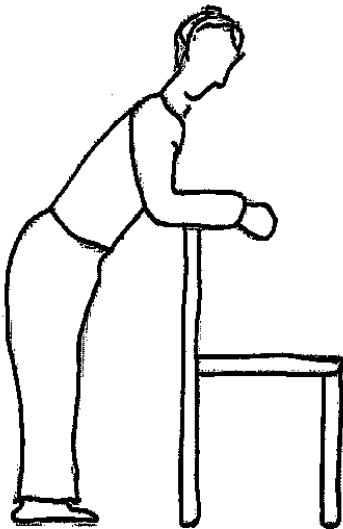


BREATHING POSITIONS HANDOUT

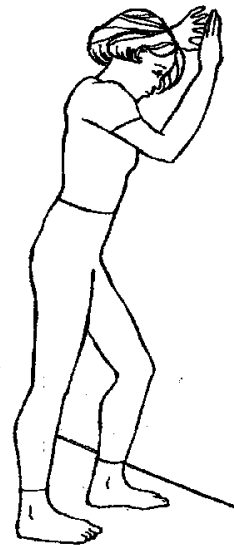
In these positions, practice breathing control and relaxed breathing.

- Relax your upper chest and shoulders
- Try and use your lower chest when you breathe. Imagine pushing out the lower part of your ribs as you breathe in (as shown by your therapist)
- This should be “quiet” breathing
- Breathe in and out at a comfortable pace
- Continue until your breathing feels controlled

Forward Lean Position

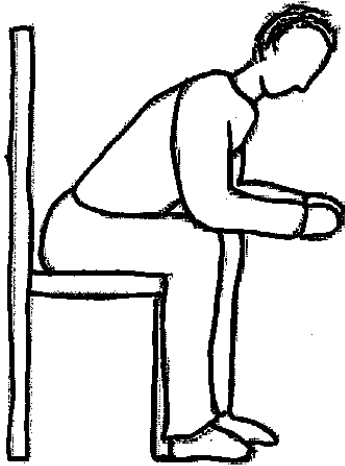


Relaxed Standing

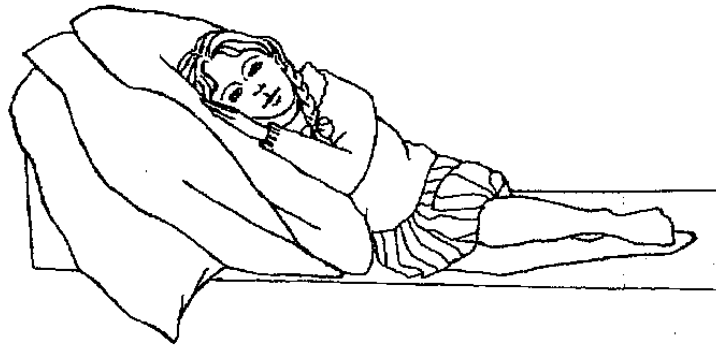


BREATHING POSITIONS HANDOUT

Relaxed Sitting



High Side Lying



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