

SMC_NWB:

DIAPHRAGMATIC BREATHING



SETUP

- One hand on belly, one on chest
- Pick a difficulty level
 1. Lying face up
 2. Sitting
 3. Standing

ACTION

- Breathe in through the nose expanding the belly without expanding the chest
- Breathe out slowly through pursed lips letting the belly fall
- Your breathing should be slow and relaxed

FOCUS

- Keep your attention on your breath
- When your attention wanders, bring it back to your breath
- Diaphragmatic breathing lowers blood pressure, anxiety and muscle tension and is a foundation of low threshold trunk stability

DOSE

- Start with a 4s inhale and 6s exhale
- When you are comfortable, exhale fully then wait until "air hunger" cues you to breathe in again.
- 2min per session (about 12 breaths)
- 3 sessions per day
- An app called breathe2relax has a breath timer that may be helpful

MASTERY

- No expansion of rib cage for 6 consecutive breaths



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