

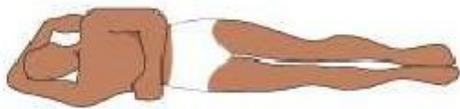
Breathing Exercise

Self- Awake Proning:

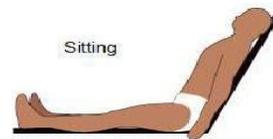
1. 30 minutes- 2 hours: laying on your belly. If patient is on oxygen support then oxygen should not be removed in this position, turn head to left/ right side & continue O₂ support. Place the pillows under the head, chest and pelvis for support but abdomen should not be compressed



2. 30 minutes- 2 hours: laying on your left side



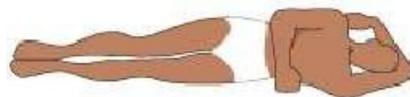
3. 30 minutes- 2 hours: sitting up



4. 30 minutes- 2 hours: laying on your left side



5. Then go back to position 1: lying on your belly



Breathing Exercise

Pranayam- Alternate Nostril Breathing:

1. Close the right nostril with thumb. Breath in left nostril – 4 count



2. Close the left nostril as well and retain the breath to a count of 16



3. Release the right nostril and exhale fully through it to a count of 8



4. Keeping the left nostril closed, inhale through the right to a count of 4



5. Close both nostrils and retain the breath to a count of 16



6. Release the left nostril and exhale to a count of 8 to complete



Chest Exercise

Incentive Spirometry:

- Put the mouthpiece in your mouth and close your lips tightly around it. Do not block the mouthpiece with your tongue
- Inhale slowly and deeply through the mouthpiece to raise the indicator. Try to make the indicator rise up to the level of the goal marker.
- When you cannot inhale any longer, remove the mouthpiece and hold your breath for at least 3 seconds
- Exhale normally
- Repeat these steps in a day as advised
- Keep a log of the highest level you are able to reach each time. This will help healthcare providers see if your lung function improves



The Balloon Exercise:



You can practice this simple exercise by blowing up a certain number of balloons each day. Blowing balloons works out the intercostal muscles that are responsible for spreading and elevating your diaphragm and ribcage. This allows your lungs to take in oxygen during inhalation and expel carbon dioxide as you exhale. The more oxygen you supply to the body during exercise, the longer you will last without becoming breathless and fatigued.

Positions to ease breathlessness



High side lying:

Lying on your side propped up by pillows, supporting your head and neck, with your knees slightly bent.



Forward lean sitting:

Sitting at a table, lean forwards from the waist with your head and neck resting on the pillow, & your arms resting on the table. You can also try this without the pillows.

**Forward lean standing:**

While standing, lean forwards onto a windowsill or other stable surface.

Forward lean sitting: (no table in front)

Sitting on a chair, lean forwards to rest your arms on your lap or the armrests of the chair.



Standing with back support:

Lean with your back against a wall and your hands by your side. Have your feet about a foot away from the wall and slightly apart.