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## **Diaphragmatic Breathing**

Please perform this slowly. Use caution while performing this exercise. Stop if you become lightheaded.

Practice:

Lay on your back. Place 1 hand on your stomach and 1 hand on your chest.

Take a deep breath. While you breathe in, the hand on your stomach should rise and the hand on your chest should not move.

Everyday application:

Step 1: On your breath in, expand your stomach outwards like a big balloon. Do not use your chest muscles to breathe.

Step 2: On your breath out, deflate the balloon (your stomach). Be sure you still are not using your chest muscles.

**Therapy Guidelines provided by Above & Beyond Massage Therapy Clinic.  
Not responsible for any injuries that may occur from home care.**