



**NATIONWIDE  
CHILDREN'S**

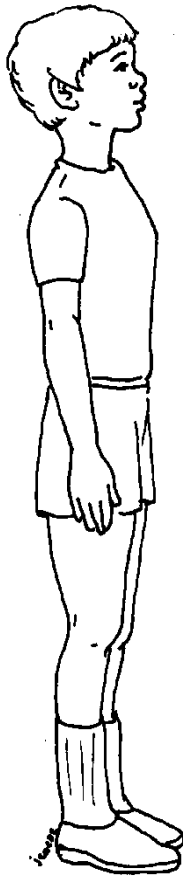
*When your child needs a hospital, everything matters.™*

**Helping Hand™**

## **Exercises: Breathing, Posture and Chest Mobility**

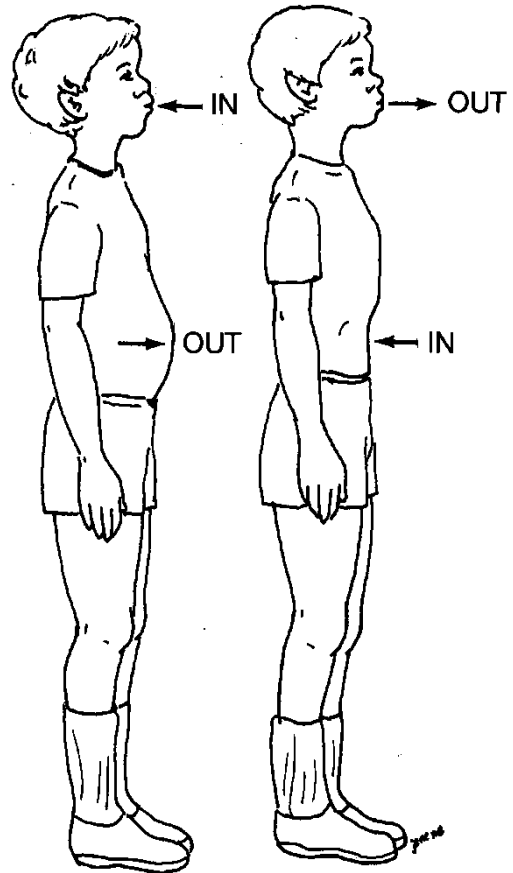
The following exercises will improve your posture (the way you stand). They will also make the muscles of your chest stronger and more flexible so that breathing is easier.

Do each exercise 5 times. Repeat \_\_\_\_\_ times per day.



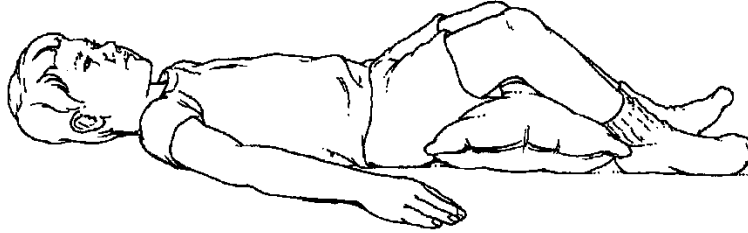
### **Before You Start**

- Check your posture before starting the exercises.
- Stand with your back straight, stomach flat, shoulders held back and head and neck straight.



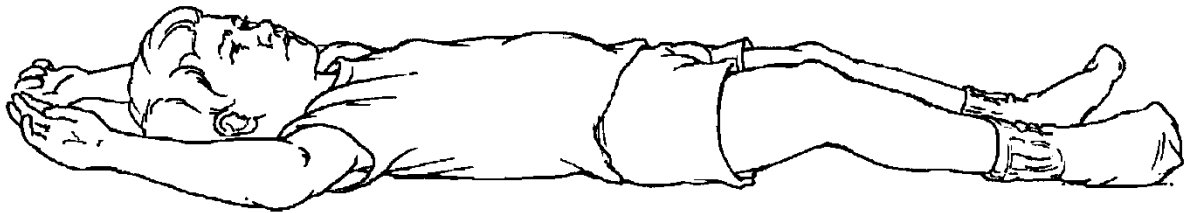
### **1. Breathing from the Diaphragm**

- Breathe **IN** and let your stomach **RISE**.
- Blow **OUT** (like blowing out a candle) gently and let your stomach fall.



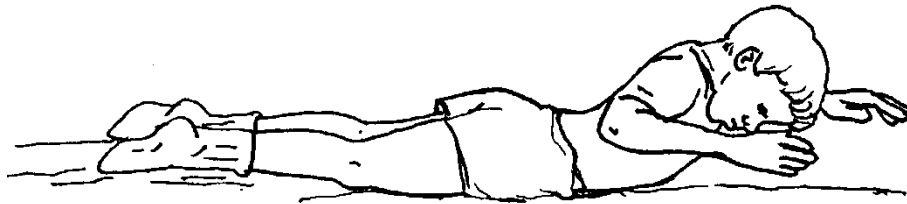
## 2. Diaphragm Breathing - Lying Down

- Lie on your back with a small pillow under your legs. Put your arms down at your sides with the palms down. Breathe IN, allowing your stomach to rise gently.
- Breathe OUT, and with control, allow your stomach to fall.



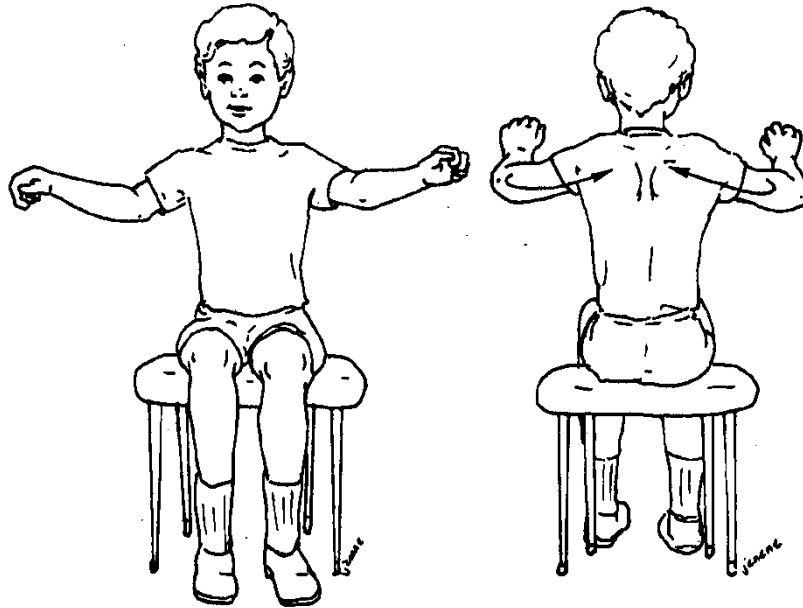
## 3. Upper Chest Breathing - Lying Down

- Try to keep the diaphragm quiet and concentrate on breathing with your upper chest.
- Let your upper chest rise gently as you breathe IN.
- As you breathe OUT, let your chest fall with control.



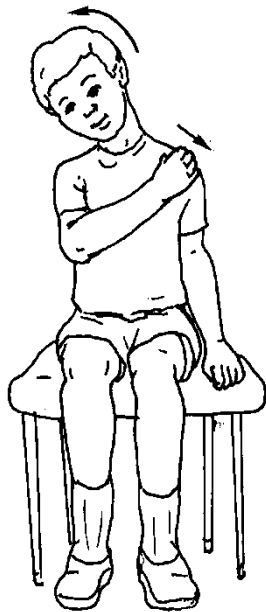
## 4. Back Arch

- Lie on the floor or a mat, face-down with your elbows out to the sides.
- Raise your back, shoulders and head off the floor as you breathe IN.
- Breathe OUT as you lay down again.



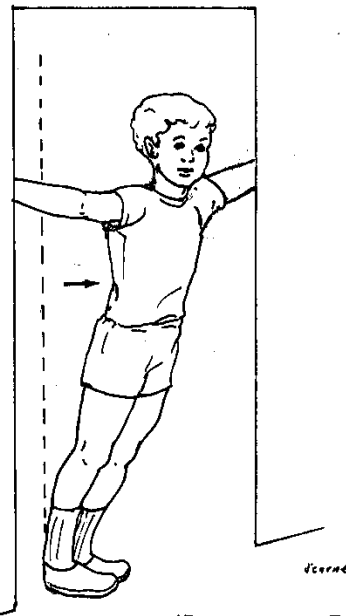
### 5. Shoulder Pinch

- Sit with your back straight and elbows out to the sides.
- Pull your arms back as you breathe in so your shoulder blades pinch together.
- Breathe out as you bring your arms together again.



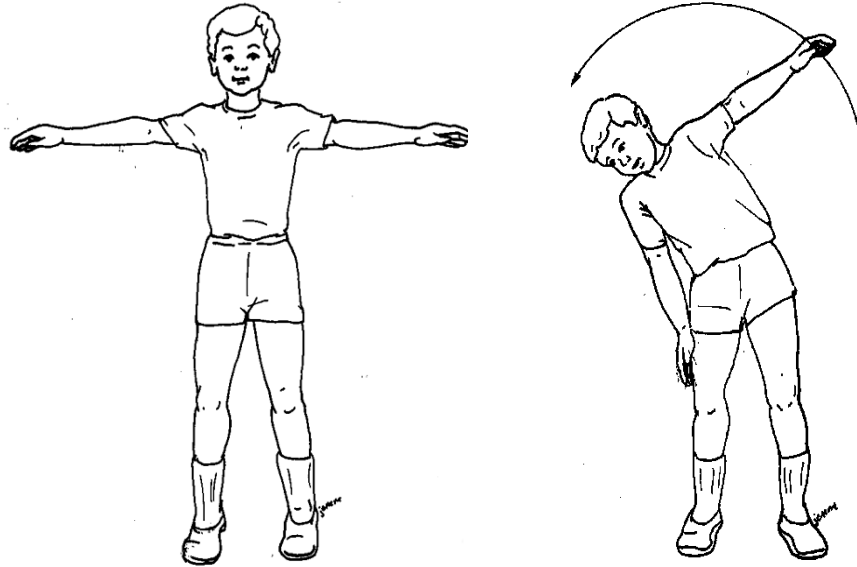
### 6. Shoulder Depression

- Breathe IN as you sit with your back straight.
- Breathe OUT as you bend your neck sideways toward the right and pull your left shoulder down.
- Repeat with the other side.



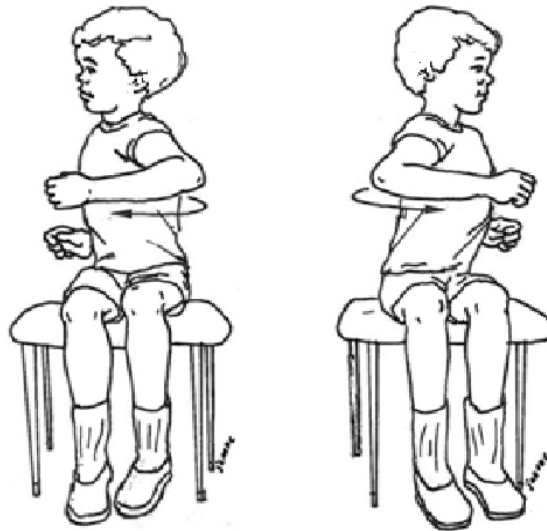
### 7. Pectoral Stretch

- Stand in a doorway and raise your arms to shoulder level.
- Put your hands on the wall.
- Lean into the doorway, keeping your back straight and bending only at the ankles.
- Breathe IN as you lean forward. Breathe OUT as you return to center.



### 8. Side Bends

- Stand with your feet about 12 inches apart and stretch your arms out to the sides.
- Bend sideways to the right as you breathe OUT.
- Breathe IN as you stand straight again.
- Bend sideways to the left as you breathe OUT.
- Breathe IN as you stand straight again.



### 9. Trunk Rotation

- Keep your shoulders and neck straight.
- Sit with your arms out and your elbows bent.
- Twist to the right as you breathe OUT.
- Breathe IN as you face forward.
- Then twist to your left as you breathe OUT and breathe IN as you face forward again.

If you have any questions about these exercises, please call your physical therapist at (614) 722-4515, or call \_\_\_\_\_.