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## UNIVERSITY HOSPITAL LLANDOUGH

### ALL WALES ADULT CYSTIC FIBROSIS CENTRE

### Breathing Control

This leaflet is intended to remind you what you were taught by your Physiotherapist

#### What is breathing control?

Breathing control (also called abdominal breathing) is simply normal breathing, using the lower chest, with relaxation of the upper chest and shoulders. The technique encourages you to use your diaphragm, the main muscle used in breathing.

#### What should I do?

- To practise breathing control you should be in a comfortable, well-supported position. Ensure your neck and shoulders remain relaxed throughout.
- Gently rest one hand on your stomach. As you breathe in you should notice your stomach gently rise and your lower chest expand. The breath should be gentle, unforced and quiet.
- Breathe out gently. Let the air escape from your lungs without pushing. You should get the feeling of a slight need to breathe in.
- Gradually try to increase the depth of your breathing whilst maintaining relaxation.

Initially you may find breathing control difficult. Mastering breathing control requires practice. It involves trying to retrain the way you breathe – often against years of habit.

#### How often should I do it?

Aim to practice this technique daily in a relaxed environment while you are well. Once you can perform the technique with ease, try and use this breathing pattern when you feel you are losing control over your breathing to aid comfort, relaxation and the return to a normal breathing pattern.

**If you need further information please speak to the CF Physiotherapy Team,  
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