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UNIVERSITY HOSPITAL LLANDOUGH

ALL WALES ADULT CYSTIC FIBROSIS CENTRE

Breathing Techniques

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

These are techniques that if you practice and use every day, they may help you when you are active and getting breathless. They may also help you manage if you get short of breath suddenly.

Breathing control

This is helpful if you are generally short of breath. Sit in a comfortable, supported position, relax your shoulders, arms and hands. Breathe in gently through your nose and breathe out through your nose or mouth. Try to feel more relaxed and calmer each time you breathe out.

Techniques for when you are more active

1. Relaxed slow deep breathing

Gently slow down your breathing. Breathe more deeply. Breathe in through your nose and breathe out through your mouth

2. Pursed lips breathing

Breathe out with your lips pursed, as if you're whistling. This slows your breathing down and helps to make your breathing more efficient

3. 'Blow as you go'

Breathe out when you're making a big effort, for example:

- stretching your arms above your head
- reaching for something on a shelf
- bending down
- standing up
- or during the hardest part of any action BLOW as you GO!

4. Paced breathing

This is useful when climbing the stairs (or walking). Breathe in, in time with the steps you take. Do this in a rhythm that suits you and how breathless you are. For example:

**If you need further information please speak to the CF Physiotherapy Team,
University Hospital Llandough, Penlan Road, Llandough**

Telephone 029 20716256 / 02920716841 or 029 20711711 bleep 4989

- breathe in when on the stair, and breathe out as you go up a stair (blow as you go!), or
- breathe in for one stair and out for one stair, or
- breathe in for one stair and out for two, or
- breathe in for two stairs and out for three