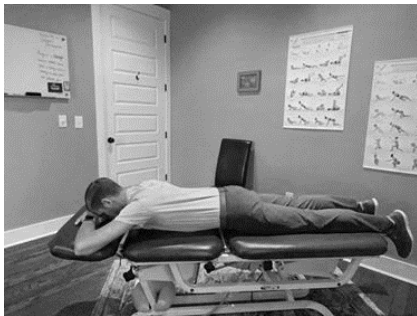
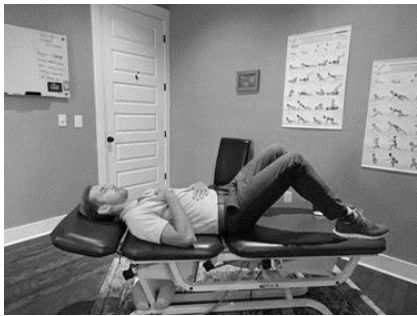


Proper Breathing/Respiration



These are 3 positions that you can be in to retrain proper breathing patterns. Ideal breathing stereotype includes belly expansion all around the waist band so diaphragm can drop and fill pressure in the abdomen to stabilize the low back and decrease neck and shoulder tension. With each breath in, the belly should naturally expand. With each breath out, the belly will relax. These are all easy positions that you can be in and spend about 5 minutes on focused belly breathing. However, this is now a 24/7 activity for you to retrain. Any external stimuli that can remind you of this proper breathing pattern is great, we find stickers and alarms to work best to alert you to monitor this new pattern. It will get easier the more you work at it! If you do not believe us, watch babies and younger kids breathe naturally into their belly, not sucking their stomach in.



In Motion Spine & Joint Center

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