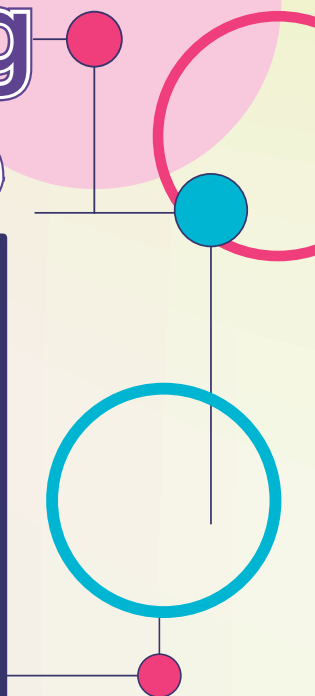


Physiotherapy Breathing Exercise



As people get older, their physical capacities decline. When doing physically demanding activities of daily living, such as climbing a flight of stairs, they may experience shortness of breath. This becomes more apparent in elderly people with chronic obstructive airway disease. Performing suitable exercises can help to maintain lung function.

The following breathing exercises help with chest expansion, and the relaxation exercises help stretch and relax different muscle groups of the upper body. This helps to clear the sputum in the airways, increase oxygen supply and alleviate shortness of breath.



Exercise Precautions—●

1. When exercising, try to relax, and sit in a chair with backrest.
2. Breathe in and breathe out naturally, without excessive force.
3. Rest in between each exercise as you require, to avoid any discomfort.
4. If you experience any discomfort or breathlessness during exercise, stop and consult a healthcare professional.
5. Practise the following set of exercises 1–2 times per day, repeating each exercise 2 – 5 times.

Diaphragmatic Breathing—●

1,



Place one hand on your chest, and the other hand on your abdomen. Breathe in through your nose slowly, and feel your belly rise at the same time

2,



Hold your breath for a while, and then breathe out through your mouth. Relax your abdomen and let it flatten to the starting position

Note:

You can use diaphragmatic breathing to help with your daily activities. For elderly people with chronic obstructive airway disease, pursed lip breathing may be utilised to help with shortness of breath. This is achieved by keeping your lips held together gently, leaving only a small gap, and breathe out through your mouth in a relaxed and natural manner.

Neck Relaxation Exercise

1,



Keep your neck and shoulder relaxed, and take a deep breath through your nose

2,



Turn your head to the right and breathe out slowly through your mouth

3,



Hold your breath for a while, and then breathe in through your nose

4,



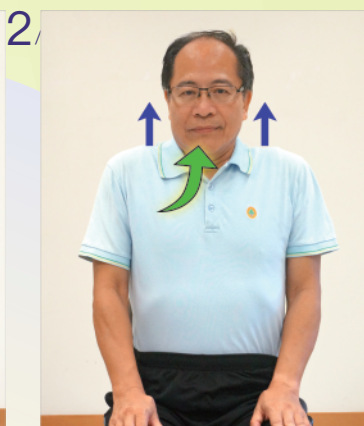
Turn your head back to the starting position, and breathe out through your mouth slowly

※ Repeat this exercise on the left

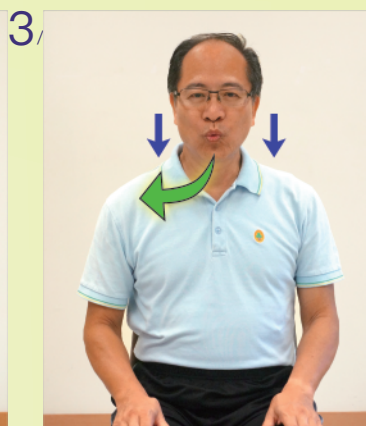
Shoulder Relaxation Exercise (1) ●



Keep your shoulders relaxed



Shrug your shoulders and take a deep breath through your nose



Hold your breath for a while, and then relax your shoulders and breathe out through your mouth slowly

Shoulder Relaxation Exercise (2) ●



Place your fingers on your shoulders with elbows pointing downwards. Keep your shoulders and neck muscles relaxed



Pull your elbows upwards and outwards, and take a deep breath through your nose



Hold your breath for a while, and then bring your elbows down slowly and breathe out through your mouth

Back Relaxation Exercise



Raise your arms straight up, and take a deep breath through your nose



Turn your body to the right. Keeping your arms straight, bring them down to your right, and breathe out through your mouth slowly



Raise both arms and take a deep breath through your nose



Return to the starting position, bring both arms down and breathe out through your mouth slowly

※ Repeat this exercise on the left

Upper Limb Relaxation Exercise

1,



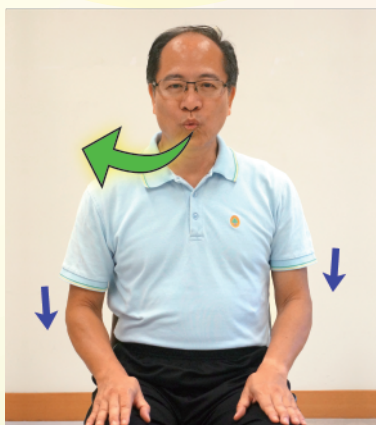
Keep your shoulders relaxed

2,



Raise your arms straight up, and take a deep breath through your nose

3,



Hold your breath for a while, and then bring your arms down and breathe out through your mouth slowly

Please consult your physiotherapist or healthcare professionals if you have any questions regarding the content of this pamphlet.

Elderly Health Service, Department of Health

Website: www.elderly.gov.hk

Elderly Health Infoline: 2121 8080

