**SDC 1: Self-Care Integrative Breath Training Instructions[[1]](#footnote-1)**

All of the exercises will be performed in a seated, upright position. The entire instruction takes 30 minutes.

**Introduction and overview of exercise session**

* Explanation of how breathing exercises should be incorporated into the participant’s daily routine.
* Communicate how breathing exercises will strengthen and stretch the muscles responsible for breathing.

**Three Part Breath**

Objectives

Helps the lungs expand and take in more air. Strengthens the diaphragm and intercostals muscles. Increases self-awareness of the thoracoabdominal motion.

Part 1

* Begin with both hands on at the base of the ribcage.
* When inhaling, the patient should press on the abdomen and extend it outward as far as possible.
* The hand on the abdomen should move outward during the peak of inspiration.
* Exhale through pursed lips actively contract the abdominal muscle.
* Take 5 breaths.

Part 2

* Place hands at the side of the ribcage.
* When inhaling, the patient should expand the ribcage laterally towards the hands.
* While exhaling through pursed lips actively contract the abdominal muscle by controlling a slow, steady stream of air.
* Take 5 breaths.

**Sounding Breath**

Objectives

Helps the patient move air out slower and breathe deeper. Prevents the small airways from collapsing during exhalation. Improves ventilation.

* Patient should inhale through the nose for 4-5 seconds and out through the mouth with a long, audible sigh for 8 seconds.
* Repeat 5 times.

**Accessory Respiratory Muscle warm-ups**

Objectives

Creates better posture. Increases mobility of the torso, aiding to increased thorcoabdominal motion. Increases circulation in the muscles surrounding the ribcage.

Shoulder Rolls

* Place hands on thighs.
* Patient should inhale while circling both shoulders up to the ears and exhale while they rotate back and down.
* Repeat 5 times.

Hand Glides

* Place hands on lap.
* Alternate sliding the right hand forward while looking over the opposite shoulder, twisting the torso.
* Repeat both sides 5 times.

Arm Pulls

* Extend arms in front of torso at shoulder width and height while inhaling.
* Make a fist and pull arms in towards sides of torso while exhaling.
* Repeat 5 times.

**Staccato Breath**

Objective

Helps the patient move air quickly in and out, strengthening the diaphragm.

* Breath quickly in and out through the nose, focusing on an increased force on the exhalation.
* Perform 20 breaths a cycle, perform for 2 cycles.

**Straw Breathing W/ Counts**

Objectives

Helps the patient move air out slowly and breathe deeper. Prevents the small airways from collapsing during exhalation. Improves ventilation.

* Inhale through the nose for the count of 4.
* Slowly exhale through pursed lips, as if through a straw for the count of 8.
* Repeat 5 times.
1. Memorial Sloan Kettering Cancer Center [↑](#footnote-ref-1)