

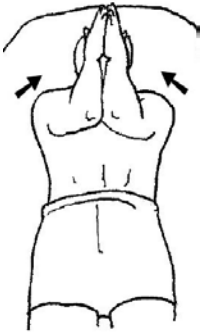




## Relaxation tips for patients with hyperventilating / dysfunctional breathing

This leaflet offers some tips to help relax a stiff thoracic spine due to hyperventilation/dysfunctional breathing. If there is anything you do not understand speak to your physiotherapist, who can explain things for you.

### Aims

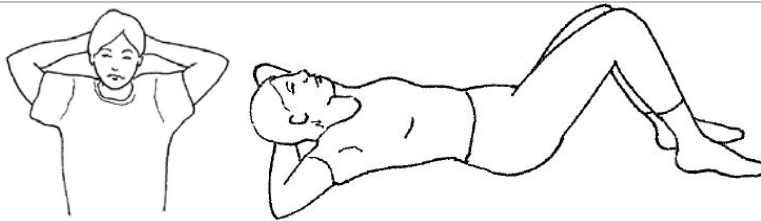
These positions / exercises will help you to open up your thorax (chest) and keep your shoulders relaxed and dropped to aid your breathing.

### Middle trapezius stretch exercise

<p>Lying down, place your forearms together in a 'prayer' position above your face.</p>	<p>With your arms in the same position, move your elbows above your head.</p>	<p>Extend your arms up so they are stretched out fully.</p>
		
<p>Slide arms to the sides.</p>	<p>Finally straighten your elbows and relax your arms. Your chest should feel wide and 'open'.</p>	
		

### Arms behind your head

Lying or sitting, place your hands behind your head to open up your chest area.



### Arms behind your back

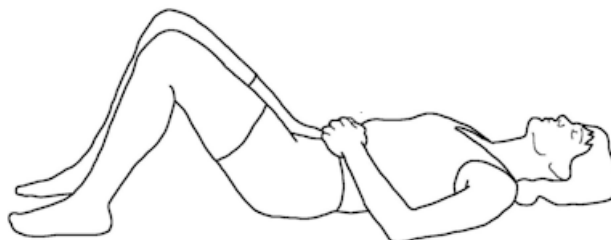
When standing, clasp your hands gently behind your back. This ensures your shoulders drop and opens up your chest.

- Make sure both feet are in contact with the floor, from big toe to heels, including the outer edge of the foot.
- Knees should be in line with feet and kept 'soft'.



### Relaxing your spine

Place a rolled up towel in the groove of your back (under the spine).



Remove the towel and then repeat the middle trapezius stretch exercise (see first page) 5 times.

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This document can be made available in other languages and formats upon request.

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