

# Pursed Lip Breathing

Pursed lip breathing is one of the simplest ways to control shortness of breath. It provides a quick and easy way to slow your pace breathing, making each breath more effective.

Control your shortness of breath instead of letting it control you by using Pursed Lip Breathing when you are in motion.

## What does pursed lip breathing do?

- Reduces the respiratory rate
- Releases trapped air in the lungs
- Keeps the airways open longer and decreases the work of breathing
- Improves breathing patterns by moving old air out of the lungs and allowing for new air to enter the lungs
- Relieves shortness of breath
- Causes general relaxation

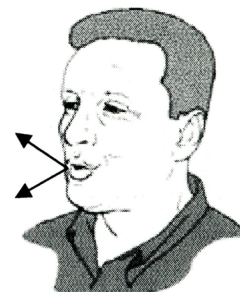
## When should I use this technique?

Use this technique from the beginning of activity. Do NOT wait until you are "huffing and puffing" to begin pursed lip breathing.

## Practice this technique 4-5 times a day at first so you can get the correct breathing pattern:

1. Relax your neck and shoulder muscles
2. Breathe in (inhale) slowly through your nose for two counts, keeping your mouth closed. Don't take a deep breath, a normal breath will do. It may help to count to yourself: inhale, one, two. (Figure top right.)
3. Purse your lips as if you were going to gently flicker the flame of a candle; or breathe gently like you are blowing on soup to cool it. (Figure bottom right.)
4. Breathe out (exhale) slowly and gently through your pursed lips while counting to four. It may help to count to yourself: exhale, one, two, three, four. (Figure bottom right.)

With regular practice, this technique will seem natural to you.



## Bending and Breathing

- 1** Inhale through your nose before bending to pick that flower.



- 2** Exhale while bending with pursed lips.

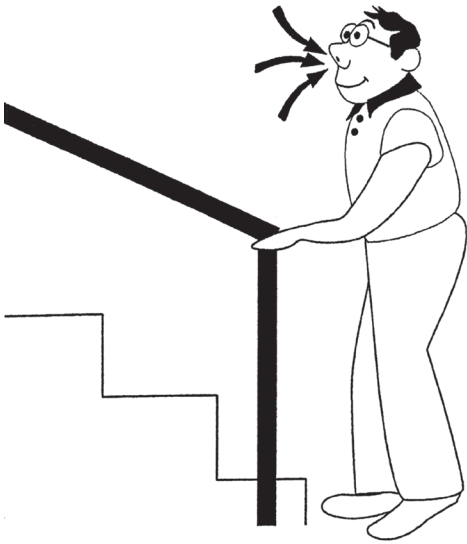


- 3** Inhale through your nose as you stand up.



## Going Up Stairs

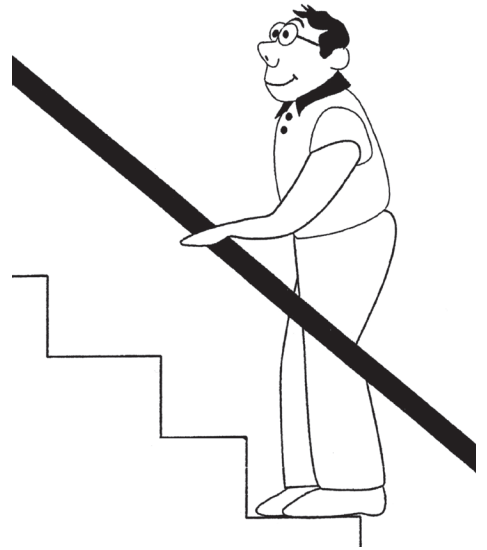
- 1** Breathe in to the count of 1... 2 before you start climbing.



- 2** Purse your lips.



- 3** Breathe out as you step up to the count of 1... 2... 3... 4.



## Walking and Breathing with Rhythm

- 1** Inhale through your nose slowly for two steps. Count 1... 2.



- 2** Purse your lips.



- 3** Exhale through pursed lips. For four steps count 1... 2... 3... 4.

