

McLaren Print System Order

Order No: 42045
 Order Date: 2019-01-17
 User: susan jackson
 Phone: 8103425370

Ship Location: McLaren Pulmonary Rehab
 G 3230 Beecher Road lower level
 Flint, Michigan 48532,

Brochures
 Quantity: 151
 Paragon Dept No: 40110
 Dept Name: Pulmonary Rehab
 Company Number: 60

Order Total Price: 29.90

Item Number: M-2658
 Item Description: PURSED LIP BREATHING Flyer
 Revision Date: 9/2017
 Print:
 Paper:
 Size:
 Fold:
 Finish:
 Drill:
 Misc Info: ds; color; no bleed

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 (inhalation) 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 flick the flame of a candle, or breathe gently like you are blowing on soup to cool it. (Figure bottom right.)
4. Breathe out (exhalation) 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.

Spec Info: