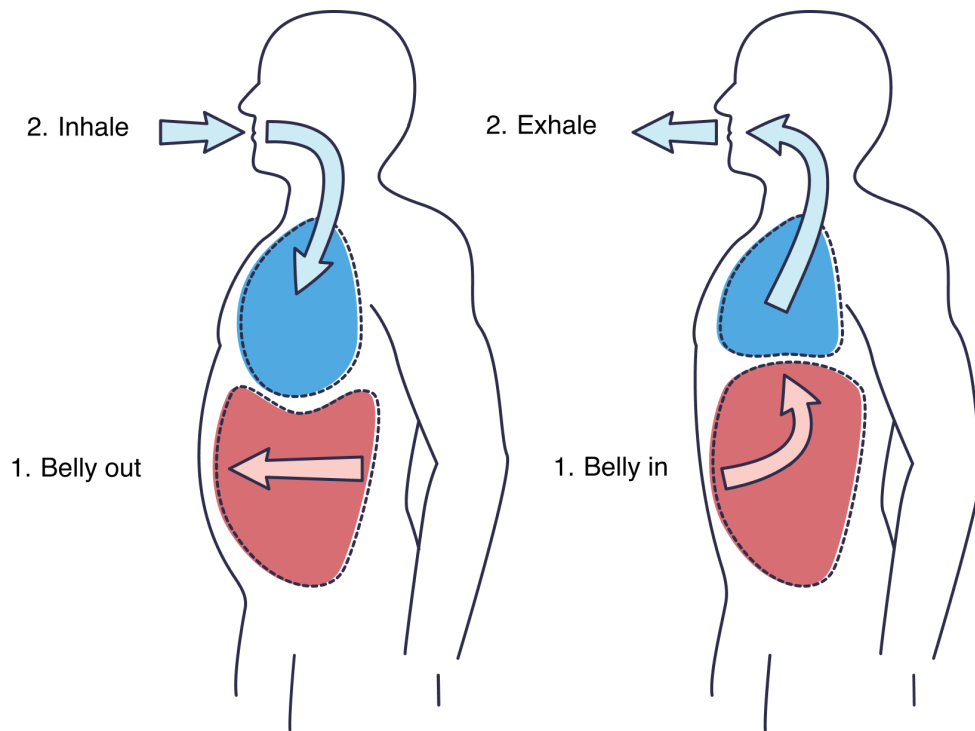


Diaphragmatic Breathing Diagram

Diaphragmatic breathing technique



Step-by-step instructions

1. **Find a comfortable position:** Ask the patient to find a comfortable position. They can lie on their back with their knees bent slightly or sit upright in a chair, ensuring they are relaxed and stable.
 2. **Place hands:** Have them put one hand on their upper chest and the other just below their rib cage. This allows them to feel their diaphragm move as they breathe.
 3. **Take deep breaths by inhaling slowly through the nose:** Ensure that they feel the stomach move out against their hand, while the hand on their chest should remain as still as possible.
 4. **Exhale slowly through pursed lips:** Have them tighten their stomach muscles, letting them fall inward as they exhale, but keep the upper chest still.
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Additional notes