



Stretching to Improve Breathing

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Stretching “Guidelines”

- A Warm Body Moves Best
- Mobility before Flexibility
- A supported muscle is a happy muscle
- Breathe in to Inflate, Breathe out to Elongate
- No Pain, No Problem!



If you can't BREATHE there, then you probably shouldn't BE there!

Breathing Awareness

- Notice where your breath is coming in (nose vs mouth)
- Notice where the air travels to (chest vs belly)
- Notice how fast or slow you are breathing

- Start to Lengthen the breath down into the belly
- In through the nose, out through the nose (if you can 😊)
- Start to slow the breath
 - Breathe IN for the count of 3 and then OUT for the count of 6
 - Breathe IN for the count of 4 and then OUT for the count of 8
- Try to maintain this slow, smooth breath as you work through your stretches



Mobility: Sit tall and continue breathing!

- Neck Rolls:

- ear to shoulder, roll the chin to chest and up the other side
- Chin back down to chest
- Repeat 5 times each way

- Shoulder Rolls

- Inhale Shoulders up to ears, exhale forward and down x 5 repetitions
- Inhale Shoulders up to ears, exhale backwards and down x 5 repetitions
- Alternate shoulders One back, one forward and then switch

- Arm Floats

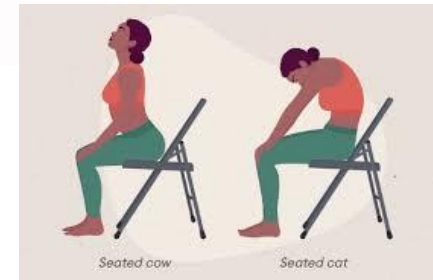
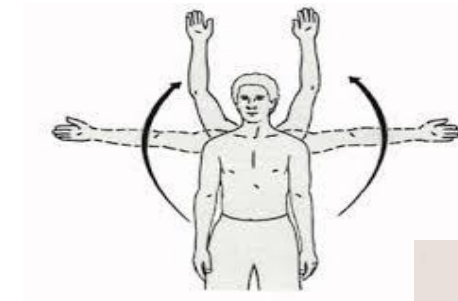
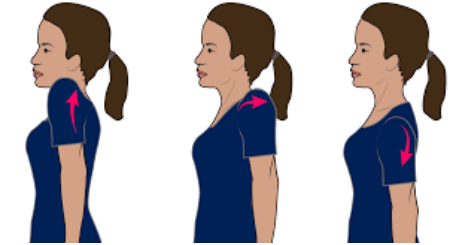
- Inhale and float the arms out to the side and overhead
- Exhale, bring the palms together and down in front of your chest
- Repeat 5 times

- Cat/Cow

- Inhale, lift the chin and chest bringing the shoulders back
- Exhale, drop the chin, round the shoulders and round the back
- Repeat 5 times

- Seated Twist

- Inhale to sit tall and lengthen the spine
- Exhale to rotate one direction, place your hand on opposite knee to help the movement
- Inhale back to center
- Exhale the opposite way
- Repeat 3 times each way

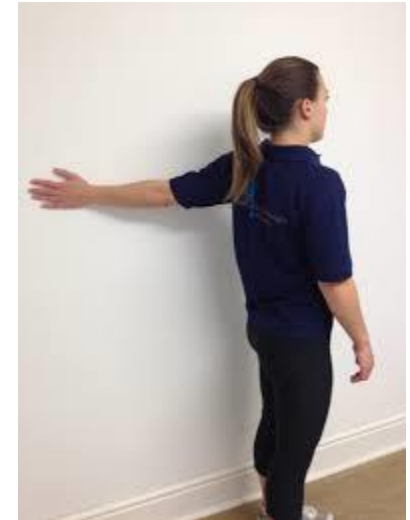
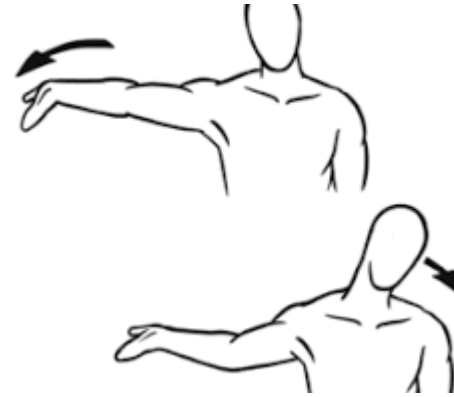


Stretches: Hold for 3 breaths



- Neck Stretch

- Turn chin 45 degrees
- Bring the chin into the armpit
- Gentle use the hand to guide the chin down
- Repeat 2-3 on each side

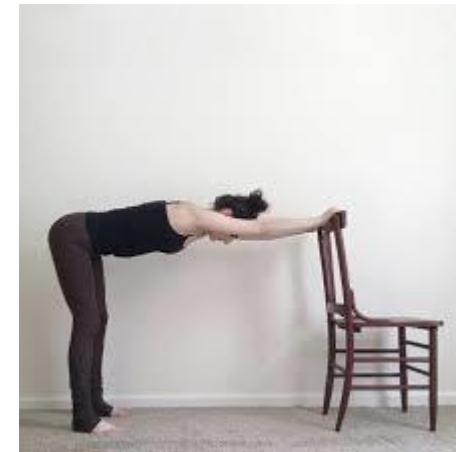


- Chest Stretch

- * Gentle move the arm fingers pointed back, elbow bent and then straighten x 5 on each side (Do not hold)
- Place hand with fingers pointed back on the wall
- Rotate the chest away from the wall and breathe into the chest
- Repeat 2-3 on each side

- Flank and Rib Cage Stretch

- Place hands on the wall or on the back of a chair
- Push your hips back and bring your chest down
- Breathe into your arm pits and sides of the rib cage
- Repeat 2-3 times



Bonus Stretches!

- Hip flexor Stretch

- Sit sideways on a chair
- Bring the front leg back with the knee bent
- Keep the belly button tucked in to protect the low back
- Hold 3 breaths, Repeat 2-3 times on each leg



- Hamstring Stretch

- Sit at the edge of your chair
- Bring one leg in front, toes toward the nose
- Bring the chest forward keeping your back straight
- Hold 3 breaths, Repeat 2-3 times on each leg



- Glute Stretch

- Cross one ankle over the opposite knee
- Let the knee fall outward
- Bring your chest forward keeping back straight
- Hold 3 breaths, Repeat 2-3 times on each leg



- Low Back Stretch

- Sit at the edge of your chair with your knees wide
- Bring your chest down and hands to the floor*
- * If you cannot reach the floor, rest your hands on a stool or pillow or yoga block
- Hold 3 breaths (breathing into your back), repeat 2-3 times





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