## Exercises for Functional Rehabilitation of Respiration

**Integrative Manual Therapy:**

There are many exercises, many approaches, for development of 'normal' respiration. These are my contribution to Functional Rehabilitation for healthy respiration. My own history of pulmonary problems was severe; my present-day function is 'normal'. I can, once again, hike, bike, swim, and scuba dive - which, by the way, is highly recommended for severance of atelectasis **once Integrative Manual Therapy is performed!**

Any manner of exercise is good. IF there are severe structural problems within or affecting pulmonary structures, the body will develop compression syndromes. This means: if a person is exercising in order to improve respiratory function, yet the structural impairments remain - the person will likely develop compression syndromes to protect those tissues and structures from high and excessive demand.

Therefore the best manner in which to address recovery and rehabilitation of respiration is a combination of Structural Rehabilitation with Integrative Manual Therapy PLUS Functional Rehabilitation with exercises, stress management and relaxation, breathing education, etc..

It is often difficult to differentiate between the cardiovascular, cardiopulmonary, cardiac, pulmonary and respiratory, and other 'like' syndromes. Almost always there are combined systems problems: in the heart and vascular systems, as well as in the lungs and pulmonary / respiratory system. There are no contra-indications to these techniques. There are no precautions. All clients will improve.

Because we cannot change the world in which we live, we need to accommodate to that world. It is not possible to eliminate all of the pollution, all of the toxins in our environment which we ingest daily. Yet we can live within this world in a healthy and adaptive manner. Compensate for the smoking you are presently performing, have performed in the past, or are 'passively' performing because of 'second-hand smoking'. Compensate for the fuels, the poor-performance motor vehicles, the chimneys which are mal-functioning. Live to breathe and breathe to live!

Sharon.


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## Exercises for Functional Rehabilitation of Respiration

These exercises can be repeated daily for several weeks or months. You can do 10-15 minutes a day and work through the book.

1. To Attain Intra-Thoracic Cage Mobility
2. To Attain Inhalation
3. To Attain Exhalation
4. To Decrease CO2 Toxicity
5. To Increase O2 Intake
6. To Eliminate Hyper-Ventilation Syndrome
7. To Produce Functional Activities
8. To Differentiate: Costal Breathing; Diaphragm Breathing; Abdominal Breathing
9. To Increase Vital Capacity
10. To Improve Pressure Related Syndromes
11. To Improve Venous Return
12. To Improve Arterial Flow
13. To Improve Lymphatic Drainage
14. To Increase Functional Capacity
15. For Sports and Leisure Activities

**Items needed for these exercises::**

1. Chair
2. Balloons
3. Straw
4. Wash Cloth
5. Nose Plugs
6. Pop Bottle


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## 1. To Attain Intra-Thoracic Cage Mobility

These exercises improve mobility of the structures within the thoracic cage. Literally just say the words in the specified position. Continue to breath normally as you would while talking. These exercises are all done in a seated position.

1. Sitting. Lean forward to 30 degrees neck and trunk flexion.
    1. Hold the position for 10 seconds.
    2. Count out loud: "One Inhalation Exhalation, Two Inhalation Exhalation,..... up to Ten Inhalation Exhalation".
    3. Sit up straight at the end of the exercise.

2. Sitting. Sit forward on the chair. Lean backward in the chair to 10 degrees trunk extension.
    1. Hold the position for 10 seconds.
    2. Count out loud: "One Inhalation Exhalation, Two Inhalation Exhalation,.... up to Ten.
    3. Sit up straight at the end of the exercise.

3. Sitting. Lean to the right side to 20 degrees right side bending of neck and trunk.
    1. Hold the position for 10 seconds.
    2. Count out loud: "One Inhalation Exhalation, Two Inhalation Exhalation,.... up to Ten.
    3. Sit up straight at the end of the exercise.

4. Sitting. Lean to the left side to 20 degrees left side bending of neck and trunk.
    1. Hold the position for 10 seconds.
    2. Count out loud: "One Inhalation Exhalation, Two Inhalation Exhalation,.... up to Ten.
    3. Sit up straight at the end of the exercise..

5. Sitting. Turn to the right side to 20 degrees right rotation of neck and trunk.
    1. Hold the position for 10 seconds.
    2. Count out loud: "One Inhalation Exhalation, Two Inhalation Exhalation,.... up to Ten.
    3. Sit up straight at the end of the exercise.

6. Sitting. Turn to the left side to 20 degrees left rotation of neck and trunk.
    1. Hold the position for 10 seconds.
    2. Count out loud: "One Inhalation Exhalation, Two Inhalation Exhalation,.... up to Ten.
    3. Sit up straight at the end of the exercise.


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## 2. To Attain Inhalation

These exercises focus on attaining and improving inhalation. Each exercise describes how (in which position; with mouth or nose, etc.) to inhale and then you exhale in the most comfortable manner. Do the exercises in one position then another (ie) do exercise number one sitting down and then repeat the exercise supine (lying face up) or prone (lying face down). Do not count our loud. Count on your fingers.

**1. Sitting and supine.**

1. Inhale. Inhale in the most comfortable manner.
2. Exhale. Exhale in the most comfortable manner.
3. Repeat this manner of inhalation and exhalation ten times.

**2. Sitting and supine.**

1. Inhale through your nose. Keep your mouth closed.
2. Exhale in the most comfortable manner.
3. Repeat this manner of inhalation and exhalation ten times. .

**3. Sitting and supine.**

1. Inhale through your mouth. Squeeze lightly on your nose, closing off the nostrils.
2. Exhale in the most comfortable manner.
3. Repeat this manner of inhalation and exhalation ten times.

**4. Sitting and supine.**

1. Place your hands on your shoulders.
2. Inhale through your nose. Keep your mouth closed.
3. Exhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.

**5. Sitting and supine.**

1. Place both hands on your shoulder and use a nose plug for the nose to close off the nostrils or place one of your hands on your shoulder and use the other hand to plug nose.
2. Inhale through your mouth. Squeeze lightly on your nose, closing off the nostrils.
3. Exhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.


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**6. Sitting and supine.**

1. Place your hands on your head.
2. Inhale through your nose. Keep your mouth closed.
3. Exhale in the most comfortable manner.
4. Repeat this inhalation through your nose in the most comfortable manner 10 repetitions.
5. Repeat this manner of inhalation and exhalation ten times.

**7. Sitting and supine.**

1. Place your hands on your head.
2. Inhale through your mouth. Squeeze lightly on your nose, closing off the nostrils.
3. Exhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.

**8. Prone. (Laying face down)**

1. Place your hands on your head.
2. Inhale through your nose. Keep your mouth closed.
3. Exhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.

**9. Prone.**

1. Place your hands on your head.
2. Inhale through your mouth. Squeeze lightly on your nose, closing off the nostrils.
3. Exhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.

**10. Sitting and supine and prone.**

1. Place your hands behind your back.
2. Inhale through your nose. Keep your mouth closed.
3. Exhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.

**11. Sitting and supine and prone.**

1. Place your hand behind your back.
2. Inhale through your mouth. Squeeze lightly on your nose, closing off the nostrils.
3. Exhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.


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## 3. To Attain Exhalation

These exercises focus on attaining and improving exhalation. Each exercise describes how (in which position; with mouth or nose, etc.) to exhale and then you inhale in the most comfortable manner. Do the exercises in one position then another (ie) do exercise number one sitting down and then repeat the exercise supine (lying face up) or prone (lying face down). Do not count our loud. Count on your fingers.

**1. Sitting and supine.**

1. Exhale in the most comfortable manner.
2. Inhale in the most comfortable manner.
3. Repeat this manner of inhalation and exhalation ten times.

**2. Sitting and supine.**

1. Exhale through your mouth. Squeeze lightly on your nose, closing off the nostrils.
2. Inhale in the most comfortable manner.
3. Repeat this manner of inhalation and exhalation ten times.

**3. Sitting and supine.**

1. Exhale through your nose. Keep your mouth closed.
2. Inhale in the most comfortable manner.
3. Repeat this manner of inhalation and exhalation ten times.

**4. Sitting and supine.**

1. Place your hands on your shoulders.
2. Exhale through your nose. Keep your mouth closed.
3. Inhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.

**5. Sitting and supine.**

1. Place your hands on your shoulders.
2. Exhale through your mouth. Squeeze lightly on your nose, closing off the nostrils. Use a nose plug to plug nose while both hands are on the shoulders or use one hand on the nose, one hand .
3. Inhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.

**6. Sitting and supine.**

1. Place your hands on your head.
2. Exhale through your nose. Keep your mouth closed.
3. Inhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.


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**7. Sitting and supine.**

1. Place your hands on your head.
2. Exhale through your mouth. Squeeze lightly on your nose, closing off the nostrils.
3. Inhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.

**8. Prone.**

1. Place your hands on your head.
2. Exhale through your nose. Keep your mouth closed.
3. Inhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.

**9. Prone.**

1. Place your hands on your head.
2. Exhale through your mouth. Squeeze lightly on your nose, closing off the nostrils.
3. Inhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.

**10. Sitting and supine and prone.**

1. Place your hands behind your back.
2. Exhale through your nose. Keep your mouth closed.
3. Inhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.

**11. Sitting and supine and prone.**

1. Place your hands behind your back.
2. Exhale through your mouth. Squeeze lightly on your nose, closing off the nostrils.
3. Inhale in the most comfortable manner.
4. Repeat this manner of inhalation and exhalation ten times.


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## 4. To Decrease CO2 Toxicity.

These exercises enable us to more proficiently handle carbon dioxide and excrete it more efficiently. These exercises focus on improving our ability to breath out the carbon dioxide in our lungs.

**1. Sitting and supine.**

1. Close your mouth.
2. Fill our oral cavity up with air, until your cheeks are blown up.
3. Hold in the air with the cheeks blown up for 5 seconds.
4. Force the air out of your mouth.
5. Repeat this exercise 5 repetitions.

**2. Sitting and supine.**

1. Take a straw to your lips. Close your lips VERY tightly around the straw.
2. Hold the straw tightly between your lips for 10 seconds. You can breathe through your nose comfortably during this time.
3. Force air through the straw for 5 seconds while you are still holding the straw tightly between your lips.
4. Repeat this exercise 5 repetitions.

**3. Sitting and supine.**

1. Rest your legs on a stool, so that the are higher than our waist line.
2. Place your hand on your abdomen, on top of the umbilicus.
3. Blow out air from your mouth while your umbilicus sinks into your abdominal cavity.
4. Blow out air in this manner for 5 seconds.
5. Repeat this exercise 5 repetitions.

**4. Standing.**

1. Stand with your face against a window. The tip of your nose should touch the window; your mouth does not touch the window.
2. Blow from your mouth onto the window for 5 seconds.
3. Repeat this exercise 5 repetitions.

**5. Balloon Therapy**:

1. Sitting and standing.
2. Use an **UNUSED** (new) balloon every day.
    1. **ATTEMPT** to blow up the balloon during 20 seconds.
3. Repeat this **ATTEMPT** to blow up the balloon during a 20 second interval 10 repetitions.
    1. **Note:** The goal is NOT to blow up the balloon. The goal is to **ATTEMPT** to blow up the balloon during a 20 seconds interval, ten times per day.


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## 5. To Increase O2 Intake.

Each cell in our body needs oxygen to function, heal and thrive. These exercises increase our ability to bring in oxygen from our environment. Also consider way to improve your environment and the air quality around you.

**1. Supine and Sitting and Standing.**

1. Take a warm, wet, clean washcloth.
2. Place the washcloth over your nose and mouth.
3. Breathe in comfortably through your nose.
4. Blow out comfortably through your mouth.
5. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
6. Repeat this exercise 10 repetitions.

**2. Supine and Sitting and Standing.**

1. Go into the bathroom. Turn on the hot water. Let the hot water run for one minute.
2. Position your face one inch distance from the tap.
3. Breathe in comfortably through your nose.
4. Blow out comfortably through your mouth.
5. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
6. Repeat this exercise 10 repetitions.

**3. Supine and Sitting.**

1. Fill the tub with warm water.
2. Get into the tub, so that the water is above your waistline.
3. Breathe in comfortably through your nose.
4. Blow out comfortably through your mouth.
5. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
6. Repeat this exercise 10 repetitions.

**4. Standing.**

1. Stand in a warm shower.
2. Allow the water to fall directly upon your head. Look straight ahead.
3. Breathe in comfortably through your nose.
4. Blow out comfortably through your mouth.
5. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
6. Repeat this exercise 10 repetitions.

5. Buy green plants for your home and work environment. Have at least one green plant in each room of the house where you spend time. Be sure to keep the plants in a healthy condition.


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## 6. To Eliminate Hyper-Ventilation Syndrome

If you breath to little or too fast and shallow (hyper-ventilation) you will eventually pass out. These exercises enable us to breath more efficiently so that our tissues are well oxygenated and our consciousness awareness remains clear and sharp.

**1. Supine, Sitting and Standing.**

1. Close your eyes.
2. Look into our lungs. (The thought is important: Tell yourself that you are looking into your lungs.)
3. Breath comfortably.
4. Maintain the thought "I am looking into my lungs" while you breathe comfortably for 30 seconds.

**2. Sitting and Standing.**

1. Take an empty soda-pop bottle.
2. Stick the tip of your tongue into the opening of the empty soda-pop bottle.
3. Keep the tip of your tongue inside the opening of the soda-pop bottle for 30 seconds.

**3. Supine, Sitting and Standing.**

1. Clap your chest lightly with your hands. Use the whole surface of YOUR own hands.
2. Breathe in comfortably through your nose.
3. Blow out comfortably through your mouth.
4. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
5. Repeat this exercise 10 repetitions.

**4. Supine, Sitting and Standing.**

1. Place your hands over your eyes.
2. Breathe in comfortably through your nose.
3. Blow out comfortably through your mouth.
4. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
5. Repeat this exercise 10 repetitions.

**5. Supine, Sitting and Standing.**

1. Place your hands over your ears.
2. Breathe in comfortably through your nose.
3. Blow out comfortably through your mouth.
4. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
5. Repeat this exercise 10 repetitions.


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**6. Supine, Sitting and Standing.**

1. Place your hands over our nose.
2. Breathe in comfortably through your nose.
3. Blow out comfortably through your mouth.
4. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
5. Repeat this exercise 10 repetitions.

**7. Supine, Sitting and Standing.**

1. Place your hands over your mouth.
2. Breathe in comfortably through your nose.
3. Blow out comfortably through your mouth.
4. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
5. Repeat this exercise 10 repetitions.


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## 7. To Produce Functional Activities

We can each be more productive in our daily activities if we breath efficiently. These exercises enable us to focus on our breathing and upgrade our breathing while doing a variety of activities.

**1. Sitting to Standing.**

1. Sit on a straight back chair with your feet comfortably positioned flat on the floor.
2. Stand up.
3. While you are standing up:
    1. Breathe in comfortably through your nose.
    2. Blow out comfortably through your mouth.
    3. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
4. Each exercise of 'Sitting to Standing' should take 10 seconds. It is a slow-motion process.
5. Repeat this exercise 5 repetitions.

**2. Standing to Sitting.**

1. From the standing position, sit down on a straight back chair.
2. While you are sitting down:
    1. Breathe in comfortably through your nose.
    2. Blow out comfortably through your mouth.
    3. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
3. Each exercise of 'Standing to Sitting' should take 10 seconds. It is a slow-motion process.
4. Repeat this exercise 5 repetitions.

**3. Lying to Sitting up.**

1. From a side lying position, sit up until your feet are comfortably positioned flat on the floor.
2. While you are sitting up:
    1. Breathe in comfortably through your nose.
    2. Blow out comfortably through your mouth.
    3. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
3. Each exercise of ' Lying down to sitting up' should take 10 seconds. It is a slow-motion process.
4. Repeat this exercise 5 repetitions.


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4. **Sitting to Lying down.**
    1. From a seated position on the edge of the bed, lie down until you are side lying on the bed.
    2. While you are lying down:
        1. Breathe in comfortably through your nose.
        2. Blow out comfortably through your mouth.
        3. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
    3. Each exercise of 'Sitting to lying down' should take 10 seconds. It is a slow-motion process.
    4. Repeat this exercise 5 repetitions.

5. **Walking.**
    1. Walk around the room; walk outside.
    2. While you are walking:
        1. Breathe in comfortably through your nose.
        2. Blow out comfortably through your mouth.
        3. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
    3. Walk for 2 minutes. Each week build up your tolerance for breathing while walking.

6. **Walking.**
    1. Put your hands on your opposite shoulders. (Your arms are crossed.)
    2. Walk around the room with your hands on your opposite shoulders; walk outside with your hands on your opposite shoulders.
    3. While you are walking with your hands on your opposite shoulders:
        1. Breathe in comfortably through your nose.
        2. Blow out comfortably through your mouth.
        3. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
    4. Walk in this manner for 1 minute.

7. **Walking.**
    1. Hold your hands behind your back.
    2. Walk around the room while holding your hands behind your back. Walk outside while holding your hands behind your back.
    3. While you are walking with your hands behind your back:
        1. Breathe in comfortably through your nose.
        2. Blow out comfortably through your mouth.
        3. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
    4. Walk in this manner for 1 minute.


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**8. Walking.**

1. Place your hands on top of your head.
2. Walk around the room with your hands on top of your head. Walk outside with your hands on top of your head.
3. While you are walking with your hands on top of your head:
    1. Breathe in comfortably through your nose.
    2. Blow out comfortably through your mouth.
    3. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
4. Walk in this manner for 1 minute.

**9. Practice breathing while you are working:**

1. During the following activities practice breathing:
    1. Cooking.
    2. Bathing.
    3. Eating.
    4. Cleaning.
    5. Vacuuming.
    6. Working.
    7. Dressing.
2. Practice the following breathing pattern during the above activities:
    1. Breathe in comfortably through your nose.
    2. Blow out comfortably through your mouth.
    3. Breathe in and blow out during a 10 second interval. (5 seconds breathing in; 5 seconds blowing out)
    4. Choose at least 3 different activities daily to practice breathing.
3. Practice breathing during each activity for one minute.


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## 8. To Differentiate: Costal Breathing; Diaphragm Breathing; Abdominal Breathing.

Taking a full breath utilizes many different joints, connective tissue, muscles and soft tissue in the rib cage. These exercises enable us to balance our breathing rather than over using certain tissues and underutilizing others.

1. Supine, Sitting, Standing and Walking.
    1. **Costal Breathing:**
        1. Place one hand on your clavicles and upper rib cage.
        2. Place your second hand at the bottom center of your rib cage (at the bottom of sternum).
        3. Breathe in through your nose.
        4. Feel your hand on the clavicles and upper rib cage remain dormant.
        5. Feel your second hand at the bottom center of your rib cage expand.
        6. Blow out air through your mouth.
        7. Feel your hand on the clavicles and upper rib cage remain dormant.
        8. Feel your second hand at the bottom center of your rib cage contract.
    2. Differentiate between abdominal breathing and diaphragm breathing. ALWAYS focus on diaphragm breathing for improved respiratory function.

2. Supine, Sitting and Standing.
    1. **Diaphragm Breathing:**
        1. Place one hand on either side of the lower rib cage. Finger tips touch for both hands at the bottom center of the rib cage.
        2. Breathe in through your nose.
        3. Feel both hands expand. The total circumference of the lower rib cage should expand. The sides of the lower rib cage should spread outwards. The bottom center of the rib cage should expand.
        4. Blow out air through your mouth.
    2. Feel both hands contract. The total circumference of the lower rib cage should contract. The sides of the lower rib cage should contract inwards. The bottom center of the rib cage should contract inwards.
    3. **ALWAYS** focus on diaphragm breathing (above) for improved respiratory function.


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3. Supine, Sitting and Standing.
    1. **Abdominal Breathing:**
        1. Abdominal breathing is **NEVER** healthy.
        2. Place one hand on your abdomen, over the umbilicus.
        3. Place your second hand at the bottom center of your rib cage (at the bottom of sternum).
        4. Breathe in through your nose.
        5. Feel your hand on the abdomen remain dormant.
        6. Feel your second hand at the bottom center of your rib cage expand.
        7. Blow out air through your mouth.
        8. Feel your hand on the abdomen remain dormant.
        9. Feel your second hand at the bottom center of your rib cage contract.
    2. Differentiate between abdominal breathing and diaphragm breathing. **ALWAYS** focus on diaphragm breathing for improved respiratory function.

**4. Practice Abdominal Breathing for One Minute.**
**5. Practice Costal Breathing for One Minute.**
**6. Practice Diaphragm Breathing for Ten Minutes.**
**7. Then: Try to Inhibit All Costal and Abdominal Breathing.**

8. Walking.
    1. While you are walking:
    **2. Diaphragm Breathing:**
        1. Place one hand on either side of the lower rib cage. Finger tips touch for both hands at the bottom center of the rib cage.
        2. Breathe in through your nose.
        3. Feel both hands expand. The total circumference of the lower rib cage should expand. The sides of the lower rib cage should spread outwards. The bottom center of the rib cage should expand.
        4. Blow out air through your mouth.
        5. Feel both hands contract. The total circumference of the lower rib cage should contract. The sides of the lower rib cage should contract inwards. The bottom center of the rib cage should contract inwards.
    3. Walk for 10 minutes.


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9. Running.
    1. While you are running:
    2. **Diaphragm Breathing:**
        1. Place one hand on either side of the lower rib cage. Finger tips touch for both hands at the bottom center of the rib cage.
        2. Breathe in through your nose.
        3. Feel both hands expand. The total circumference of the lower rib cage should expand. The sides of the lower rib cage should spread outwards. The bottom center of the rib cage should expand.
        4. Blow out air through your mouth.
        5. Feel both hands contract. The total circumference of the lower rib cage should contract. The sides of the lower rib cage should contract inwards. The bottom center of the rib cage should contract inwards.
    3. Run for one minute.

10. Climbing stairs.
    1. While you are climbing stairs:
    2. **Diaphragm Breathing:**
        1. Place one hand on either side of the lower rib cage. Finger tips touch for both hands at the bottom center of the rib cage.
        2. Breathe in through your nose.
        3. Feel both hands expand. The total circumference of the lower rib cage should expand. The sides of the lower rib cage should spread outwards. The bottom center of the rib cage should expand.
        4. Blow out air through your mouth.
        5. Feel both hands contract. The total circumference of the lower rib cage should contract. The sides of the lower rib cage should contract inwards. The bottom center of the rib cage should contract inwards.
    3. Climb one flight of stairs.


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## 9. To Increase Vital Capacity

Vital capacity is the total volume of air we can breath into our lungs in one breath. These exercises amplify our breathing performance by increasing the amount of air coming into our lungs in each breath.

1. Supine.
    1. Place three books on top of your chest.
    2. Breathe in through your nose comfortably.
    3. Blow out through your mouth comfortably.
    4. Perform this exercise for 1 minute.

2. Prone.
    1. Rotate your head to the side.
    2. Blow out air for 10 seconds. Pace yourself.
    3. Perform this exercise 5 repetitions.

3. Supine.
    1. Blow into a balloon for 10 seconds. Pace yourself.
    2. Perform this exercise 5 repetitions.

4. Sitting.
    1. Use a large leather belt. Place the belt around your chest, just below the nipple line. Tighten the belt until you feel tension in your chest.
    2. Breathe in through your nose for 5 seconds.
    3. Blow out through your mouth for 10 seconds. Pace yourself.
    4. (Each exercise is 15 seconds duration: 5 seconds inhalation; 10 seconds exhalation.)
    5. Repeat this exercise 5 repetitions.

5. Sitting.
    1. Talk into the blow dryer. The blow dryer should be on COOL - NOT HOT OR WARM.
    2. Talk for 1 minute.

6. Sitting.
    1. Place a bottle half filled with water up against your mouth.
    2. Wrap your lips around the bottle. Seal your lips tightly around the bottle.
    3. Blow hard into the bottle for 10 seconds. Bubbles should continuously be formed during the exercise.
    4. Repeat this exercise 5 repetitions.


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7. Standing.
    1. Place a bottle half filled with water up against your mouth.
    2. Wrap your lips around the bottle. Seal your lips tightly around the bottle.
    3. Blow hard into the bottle for 10 seconds. Bubbles should continuously be formed during the exercise.
    4. Repeat this exercise 5 repetitions.

8. Walking.
    1. While you are walking:
        1. Place a bottle half filled with water up against your mouth.
        2. Wrap your lips around the bottle. Seal your lips tightly around the bottle.
        3. Blow hard into the bottle for 10 seconds. Bubbles should continuously be formed during the exercise.
    2. Repeat this exercise 5 repetitions.

9. Running.
    1. While you are running:
        1. Place a bottle half filled with water up against your mouth.
        2. Wrap your lips around the bottle. Seal your lips tightly around the bottle.
        3. Blow hard into the bottle for 10 seconds. Bubbles should continuously be formed during the exercise.
        4. Pace yourself. Run slow motion.
    2. Repeat this exercise 5 repetitions.

10. Climbing stairs.
    1. While you are climbing stairs:
        1. Place a bottle half filled with water up against your mouth.
        2. Wrap your lips around the bottle. Seal your lips tightly around the bottle.
        3. Blow hard into the bottle for 10 seconds. Bubbles should continuously be formed during the exercise.
        4. Pace yourself. Walk up the stairs slowly.
    2. Repeat this exercise 5 repetitions.


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## 10. To Improve Pressure Related Syndromes.

There are many pressure related syndromes improved by these exercises, such as: high blood pressure, shortness of breath, migraines, and more.

1. Supine (lying face up)
    1. Position your arms above your head. Stretch your arms above your head.
    2. Breathe in through your nose for 5 seconds.
    3. Blow out through your mouth for 5 seconds.
    4. Repeat this exercise 5 repetitions.

2. Prone (lying face down)
    1. Position your arms above your head. Stretch your arms above your head.
    2. Breathe in through your nose for 5 seconds.
    3. Blow out through your mouth for 5 seconds.
    4. Repeat this exercise 5 repetitions.

3. Sitting.
    1. Position your arms above your head. Stretch your arms above your head.
    2. Breathe in through your nose for 5 seconds.
    3. Blow out through your mouth for 5 seconds.
    4. Repeat this exercise 5 repetitions.

4. Standing.
    1. Position your arms above your head. Stretch your arms above your head.
    2. Breathe in through your nose for 5 seconds.
    3. Blow out through your mouth for 5 seconds.
    4. Repeat this exercise 5 repetitions.

5. Walking.
    1. Position your arms above your head. Stretch your arms above your head.
    2. Breathe in through your nose for 5 seconds.
    3. Blow out through your mouth for 5 seconds.
    4. Repeat this exercise 5 repetitions.


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6. Side lying.
    1. Lie in a fetal position. Hug your knees close to your chest. Maintain this pressure throughout the exercise.
    2. Breathe in through your nose for 5 seconds.
    3. Blow out through your mouth for 5 seconds.
    4. Repeat this exercise 5 repetitions.

7. Supine.
    1. Bring you legs into straight leg raise, so that the back of your legs are against the headboard. Bring your buttocks close to the wall.
    2. Breathe in through your nose for 5 seconds.
    3. Blow out through your mouth for 5 seconds.
    4. Repeat this exercise 5 repetitions.


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## 11. To Improve Venous Return.

These exercises improve blood flow while you are breathing.

1. Supine.
    1. Dorsi flex (bend your ankles and bring toes towards your knees)and plantar flex (point your toes) your feet.
    2. Breathe in through your nose during dorsi flexion.
    3. Blow out through your mouth during plantar flexion.
    4. Continue for 3 minutes.

2. Sitting.
    1. Dorsi flex and plantar flex your feet.
    2. Breathe in through your nose during dorsi flexion.
    3. Blow out through your mouth during plantar flexion.
    4. Continue for 3 minutes.

## 12. To Improve Arterial Flow

1. Supine.
    1. Dorsi flex and plantar flex your feet.
    2. Breathe in through your nose during plantar flexion.
    3. Blow out through your mouth during dorsi flexion.
    4. Continue for 3 minutes.

2. Sitting.
    1. Dorsi flex and plantar flex your feet.
    2. Breathe in through your nose during plantar flexion.
    3. Blow out through your mouth during dorsi flexion.
    4. Continue for 3 minutes.


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## 13. To Improve Lymphatic Drainage.

These exercises can help decrease swelling throughout the neck and chest as well as the rest of the body.

1. Supine, Sitting and Standing.
    1. Place the right fist into left axilla (arm pit); place the left fist into right axilla.
    2. Press the fist STRONGLY into axilla.
    3. Breathe in through your nose for 5 seconds.
    4. Blow out through your mouth for 5 seconds.
    5. Repeat this exercise 10 repetitions.

2. Supine, Sitting and Standing.
    1. Place a fist into the anterior hip and groin area on both sides.
    2. Press the fist STRONGLY into the anterior hip and groin area on both sides.
    3. Breathe in through your nose for 5 seconds.
    4. Blow out through your mouth for 5 seconds.
    5. Repeat this exercise 10 repetitions.

3. Supine and Sitting. Knees are bent.
    1. Place a fist into the popliteal fossa area (behind each knee.).
    2. Press the fist STRONGLY into the popliteal fossa area, behind each knee.
    3. Breathe in through your nose for 5 seconds.
    4. Blow out through your mouth for 5 seconds.
    5. Repeat this exercise 10 repetitions.

4. Supine, Sitting, Standing and Walking.
    1. Place a fist on the lateral sides of the neck on both sides.
    2. Press the fist STRONGLY on the lateral side of the neck on both sides.
    3. Breathe in through your nose for 5 seconds.
    4. Blow out through your mouth for 5 seconds.
    5. Repeat this exercise 10 repetitions.


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## 14. To Increase Functional Capacity

1. Walking. A Program.
    1. Week one: Walk 5 minutes a day at a good pace. Perform diaphragm breathing. Breathe in through your nose. Blow out through your mouth.
    2. Week two: Walk 15 minutes a day at a good pace. Perform diaphragm breathing. Breathe in through your nose. Blow out through your mouth.
    3. Week three: Walk a ½ mile a day at a good pace. Perform diaphragm breathing. Breathe in through your nose. Blow out through your mouth.
    4. Week four: Walk one mile a day at a good pace. Perform diaphragm breathing. Breathe in through your nose. Blow out through your mouth.
    5. Week five and beyond: Walk at least 3 times per week. Walk one to two miles at a good pace. Perform diaphragm breathing. Breathe in through your nose. Blow out through your mouth.

2. Swimming. A Program.
    1. Week one: Attempt to complete one lap. Swimming requires commitment of 3 times per week.
    2. Week two: Attempt to complete two laps. Swimming requires commitment of 3 times per week.
    3. Week three: Complete three laps. Swimming requires commitment of 3 times per week.
    4. Week four: Complete 4 laps. Swimming requires commitment of 3 times per week.
    5. Week five: Complete 5 laps. Swimming requires commitment of 3 times per week.
    6. Week six: Complete 6 laps. Swimming requires commitment of 3 times per week.
    7. Week seven and beyond: Goal-oriented swimming. Within 4 months swim a total of 40 laps per week minimum. Swimming requires commitment of 3 times per week.


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3. Weight lifting. A program.
    1. A therapist can monitor the quality of weight lifting. Then you are independent.
    2. The following muscle groups should be included in your weight lifting program:
        1. LEGS
            1. Gluteus maximus (buttocks).
            2. Hip Adductors.
            3. Hip Abductors.
            4. Hip Extensors.
            5. Knee Extensors.
        2. TRUNK
            1. Low Back.
            2. Abdomen.
            3. Upper Back.
            4. Chest.
        3. NECK
            1. Extensors.
            2. Tongue (hyoid muscles).
        4. FACE
            1. Muscles of Expression (face muscles).
        5. ARMS
            1. Shoulder Abductors.
            2. Shoulder Extensors.
            3. Shoulder Flexors.
            4. Elbow Extensors.
    3. Perform diaphragm breathing. Breathe in through your nose. Blow out through your mouth.

4. Treadmill. A program.
    1. The treadmill should be used at least 3 times per week. Pace yourself.
        1. <u>Week one:</u> Slowest speed. Walk for 3 minutes.
        2. <u>Week two:</u> Slowest speed. Walk for 5 minutes.
        3. <u>Week three:</u> Slowest speed. Walk for 15 minutes.
        4. <u>Week four:</u> Begin to increase speed. Pace yourself. While increasing speed DO NOT increase duration (time on the treadmill).
        5. <u>Week five and beyond:</u> Within four months be at a good rate. (VERY FAST RATES ARE NOT BENEFICIAL FOR DEVELOPING IMPROVED RESPIRATORY FUNCTION.)
    2. Attempt at least 3 times per week. Attempt at least one mile each session.
    3. Perform diaphragm breathing. Breathe in through your nose. Blow out through your mouth.


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## 15. For Sports and Leisure Activities

There are many different activities which affect breathing. The following activities will be enjoyable, and will also result in improved respiratory function.

1. Swimming.
2. Running.
3. Bicycling.
4. Tai Chi and martial arts.
5. Yoga.
6. Basketball, volleyball, and other group activities.
7. Dancing.
8. Commit to a lifetime of sports and / or leisure activities.
9. Perform diaphragm breathing. Breathe in through your nose. Blow out through your mouth.


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# A Detox Protocol for Lungs

Integrative Manual Therapy:
*Although this seminar does not include Neurofascial Process, DCR is presenting a 'detox packet' for 'cleaning the lungs'.*

***1. Neurofascial Process***
***2. Green Tea***

**1. Neurofascial Process**

1. EVERY client who receives Integrative Manual Therapy for respiratory rehabilitation should have 'homework'.
2. Connect:
    1. One hand on the lungs (cover all aspects: right and left, anterior and posterior).
    2. One hand on the ureters (mid-low back, belt /waist height)
3. Duration:
    1. Mild: 1 hour duration
    2. Moderate: 2 hours duration
    3. Severe: 3 hours duration.

**2. Green Tea**

1. Several years of study of motilities with green tea have provided conclusive evidence: green tea is essential for detox!
2. Review the literature: Shanghai Cancer Center, University of Texas, University of Kansas, Columbia University.....and more and more.....during the past three to five years have determined that Green Tea is a deterrent of liver and pancreas cancer.
3. Infection is known to be a pre-cursor to cancer and other problems.
4. Green tea appears to be adjunct in eliminating infection.
    1. Recommended:
        1. Phase 1: Drink 3 to 5 glasses of green tea daily for 1 to 2 weeks.
        2. Phase 2: Drink 1 to 2 glasses of green tea daily for 6 months.

**3. Internet: Green Tea**

**4. Consider Rib work from MET 2**


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