

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

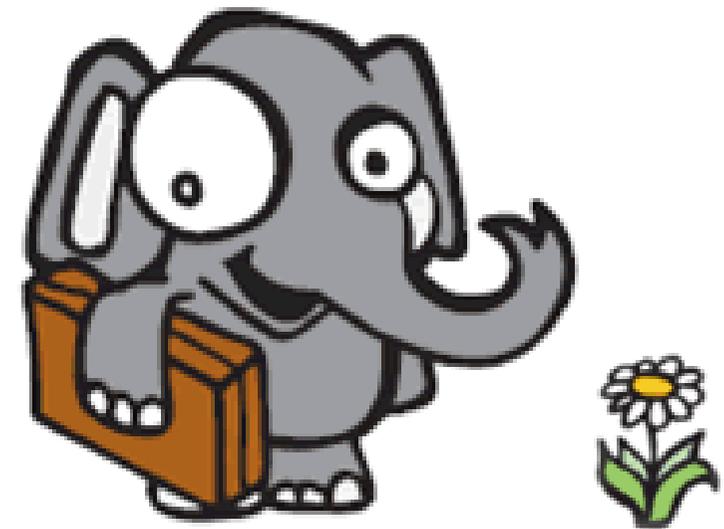
**Email:** [sfh-tr.petts@nhs.net](mailto:sfh-tr.petts@nhs.net)

If you need this information in a different language or format, please contact the PET (as above). This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

### Breathing exercises



## What's in this leaflet

This leaflet will guide you through a simple breathing exercise, commonly known as the Active Cycle of Breathing Technique. This will help you to breathe effectively during your recovery from illness or injury.

Please speak with your physiotherapist or occupational therapist who will be able to guide you on how to best perform these exercises.

It is important to remember that these exercises should **not** cause you any sharp pain. If you feel significant discomfort from completing the exercises shown in this booklet, please contact the ward 25 physiotherapy team or another healthcare professional.

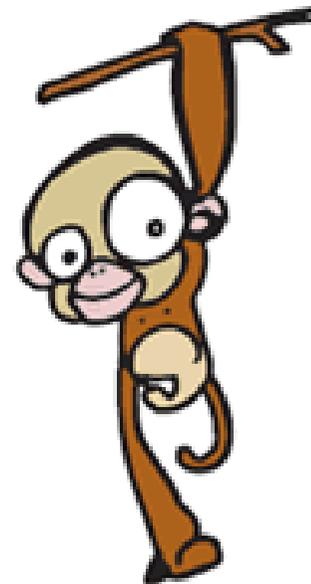


**Please contact Ward 25 or your GP if you/your child is not recovering as you would expect.**

## Further questions?

We're happy to answer any questions you may have when you get home related to you/your child's recovery.

Please contact Ward 25 and ask for the ward physiotherapist or occupational therapist on 01623 622515, extension 6181 or 3063.



## Keep hydrated

Keep yourself **hydrated**. When you are dehydrated your lung's natural clearance methods don't work as well.

You should aim to drink **6-8 glasses** of fluid each day. The older you are the bigger the glass should be. Roughly, we all need to drink **between 1.5 litres to 2.5 litres** each day.

Please speak with your doctor or a dietician for further guidance.

## Gentle exercise

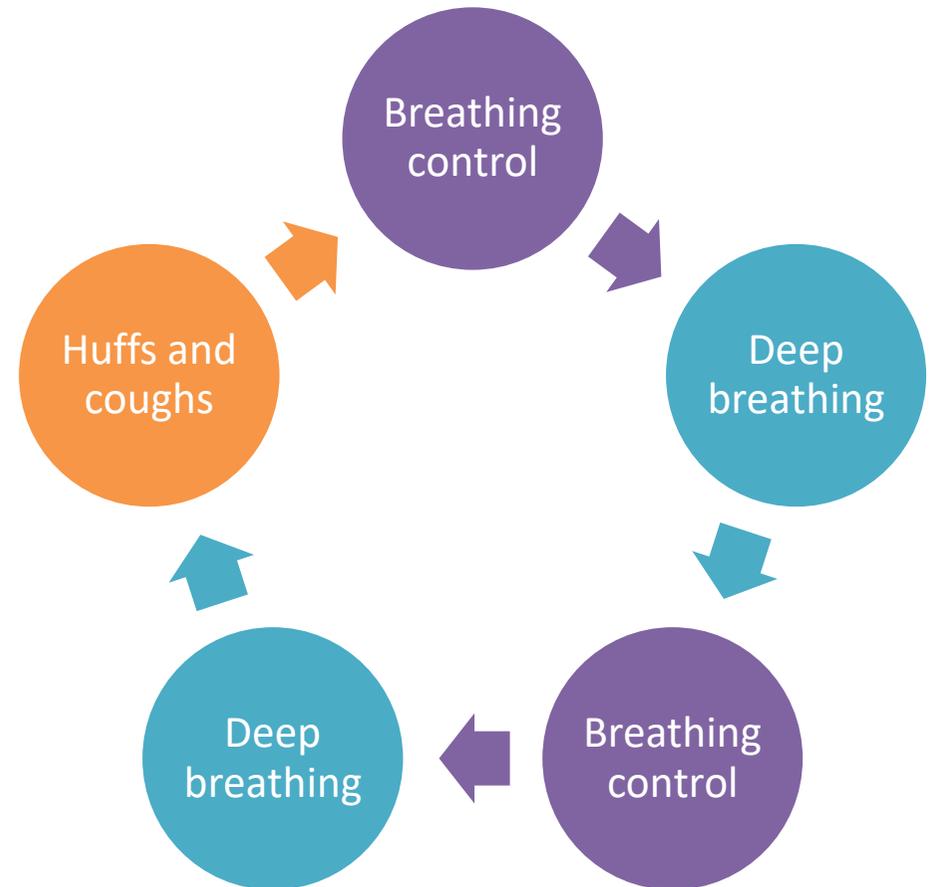
Get up and **walking** early. It's important to keep **taking regular walks**. Make sure you **stand up tall**.

Once you are able to walk, run and maintain your balance it is important to try some gentle exercise and physical activity. This will help to get air into your lungs and clear your breathing.



## Breathing exercises

Breathing exercises are a way to help **clear phlegm** from your lungs and **prevent** chest infections.



## Breathing control



Breathing control is **breathing gently**, using as little effort as possible.

Place your hand just above your tummy button and feel your **tummy rising** and **falling** with each breath.

Try to **breathe in through your nose** and out with your nose or mouth.

## Deep breathing

Take a **long deep breath in through your nose**.

At the end of your breath in, **hold your breath for 2-3 seconds**. Then slowly breathe out through your nose or mouth.

Take **3-5 breaths** in total. Try to keep your shoulders and chest **relaxed**.

## Huffs and coughs

A huff is a way of **exhaling your breath forcefully** out of your mouth, without coughing. Like **steaming up a mirror**.

You can do a **deep, longer huff** followed by a **short, powerful huff**.

Then, have a **big cough**.



## Breathing exercise tips

Complete **3 cycles** of the breathing exercises **every hour**.

Have a big cough using a **pillow/rolled up towel hugged to your chest** if needed to reduce abdominal pain.

**Sit up** as tall as you can while doing the breathing exercises.

Stay **nice and relaxed** while doing these exercises.

When you start to feel better, you can do the exercises **less often**, and eventually stop doing them completely.

