

LEARNING TO BREATHE DIAPHRAGMATICALLY

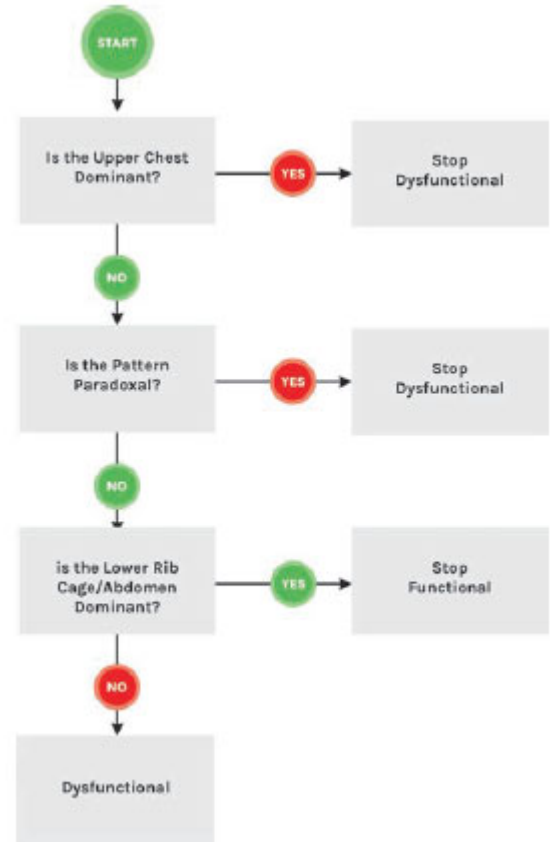
Assessment



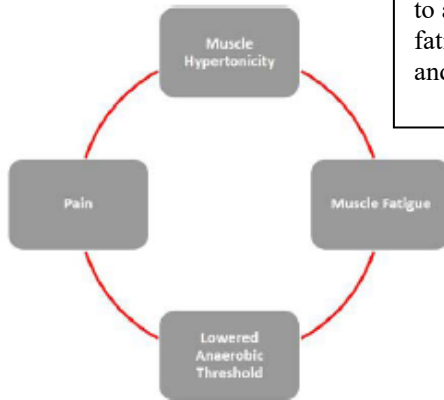
Use the Hi-Lo assessment (pictured to the left) to evaluate for chest/hyperventilation styles of breathing. Here is what you look for:

- 1) Does the chest move first (hyperventilation and chest breathers)?
- 2) Does their stomach go out as they exhale (paradoxical breathing)?
- 3) Do the abs and lower rib cage initiate the breathing pattern (functional breathing)?

***Understand that chest breathing leads to a vicious cycle of muscle hypertonicity, fatigue, decreased physical performance, and pain!



Effects of Hyperventilation:



BREATHING SKILLS AND DRILLS

STAGE 1: ENTRY POINT

BREATHING - HOOK LYING



START: Lay in supine position with knees bent and feet flat on ground (hook lying), place one hand on chest and one on stomach (Hi-Lo position).

EQUIPMENT: Can add a book or light weight on stomach for feedback

ACTION(S): Breathe in focusing on pushing stomach to sky and pulling air into your stomach. Pause briefly at top of breath. Exhale like blowing through a straw. Pause briefly at bottom of breath.

STAGE 2: ADVANCED

Quadruped FRC



START: Assume a quadruped (suspended spine) position with hands under shoulders and legs under hips. A hand can be placed at nose to check for exhalation.

EQUIPMENT: Can use padding for comfort

ACTION(S): Inhale breathing into the stomach while maintaining flat back position. Breathe as in hook lying.

STAGE 3: PERFORMANCE

Standing FRC



START: Stand tall, shoulders pulled back together and with feet together. A hand can be placed on nose for exhalation.

EQUIPMENT: none

ACTION(S): Inhale breathing into the stomach while maintaining posture. Breathe as before in hook lying. Once mastered apply to running and other exercise events.