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Breathing From Your Diaphragm

RELAX YOUR SHOULDERS
WHEN POSSIBLE, BREATHE IN THROUGH YOUR NOSE.
BREATHE OUT THROUGH YOUR MOUTH.

BREATHE IN – DOME FLATTENS AND PUSHES DOWNWARD – CAUSES THE BELLY TO SWELL IN WITH THE BREATH.

BREATHE OUT – DIAPHRAGM RESUMES IT'S ROUNDED DOME SHAPE AGAIN.

PUT YOUR HANDS ON YOUR ABDOMEN, ONE HAND JUST ABOVE YOUR NAVEL, THE OTHER HAND JUST BELOW. WHEN YOU BREATHE IN, YOUR DIAPHRAGM FLATTENS AND PUSHES DOWNWARD. THIS CAUSES THE BELLY TO SWELL OUT WITH THE IN BREATH.

BREATHE OUT – STOMACH FLATTENS

BREATHE IN – ARCH THE SMALL OF YOUR BACK

BREATHE OUT – FLATTEN THE SMALL OF YOUR BACK

IMAGINE THAT THERE IS A BALLOON IN YOUR STOMACH-

INHALE – FILL UP THE BALLOON

EXHALE – DEFLATE THE BALLOON

BREATHING WILL CHANGE NATURALLY AS A RESULT OF STRUCTURAL MANIPULATION. HAVE PATIENCE, TAKE YOUR TIME AND ENJOY THE ENHANCED FEELING OF WELL BEING THROUGH CONSCIOUS BREATHING!