![DynamicHealth logo]

Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link:

https://bit.ly/36o67pT

To contact us:
Call: 0300 555 0123
e-mail: s1.dynamichealth@nhs.net

Training start date   23/01/2025

Relaxation and Breathing exercises help:

-Reduce negative emotions such as Stress, anger, Depression and anxiety
-Control fight and flight responses of the body
-Increase body awareness
-Reduce pain intensity
-Improve our ability to cope with pain

-Find a calming comfortable place to trial these relaxation and breathing exercises
-Keep a comfortable relaxed pace when doing these
-Try to do these for 10-20 minutes everyday, establish a routine for maximum effect

On this link, you will find some very useful audios for guided slow, deep breathing and relaxation
https://www.eoemskservice.nhs.uk/advice-and-leaflets/rehabilitation-and-education-classes/relaxation-audio

Try to incorporate these in your day to day activities for maximum effect.
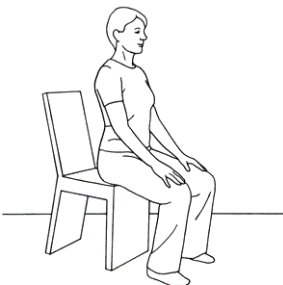

Diaphragmatic Breathing

Lie on your back, with your hand on your stomach.

Breathe in towards your hand so that your belly rounds like a balloon.
Breathe out so that 'the balloon deflates'.

Note: Focus on breathing 'into your stomach' instead of upper chest.

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Sit on a chair and find your natural posture. Take a deep breath in and feel your belly rise, let your belly expand fully

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Round your back, relax your shoulders and breathe out from your mouth or nose (whichever feels more natural) and feel the belly relaxing.

Sit with your feet firmly on the floor.

Round your back and bend forward, keeping your neck and shoulders relaxed.

Sit or stand.

Breathe in as you lift your arms, and breathe out as you slowly bring your arms down.

Place a ball between your arm and rib cage.

Breathe in and expand your rib cage towards the ball. Resist the movement by gently pressing the ball with your upper arm. Slowly breathe out. Do not lift your shoulders.