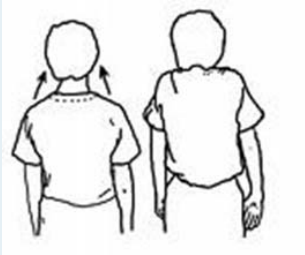


Exercises can help to increase the mobility of the chest wall to allow for easier breathing.



Shoulder rolling forward and back



Side-bending - sitting or standing

Aerobic, Strengthening, and Flexibility exercises are all important for breathing easier and having more energy.

### Managing Sudden Shortness of Breath

- Stop
- Find a comfortable position
- Lean your head slightly forward
- Relax your shoulders
- Inhale through mouth
- Exhale through mouth
- Pursed-lip breathe
- Take reliever medication
- Stay comfortable for several minutes

*For more information about this program in the Heartland Health Region contact your local Physical Therapist 306-882-2672 ext'n 2285*

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Box 2110 110 Highway 4 South  
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## Chronic Obstructive Pulmonary Disease

### COPD – Managing Shortness of Breath

COPD is short for Chronic Obstructive Pulmonary Disease and includes chronic bronchitis and emphysema

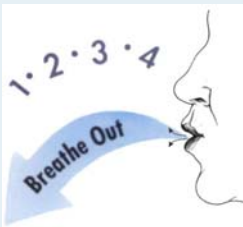
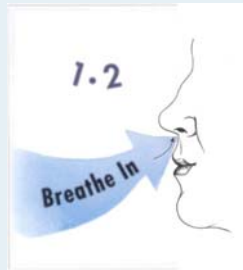


*Heartland Health Region*

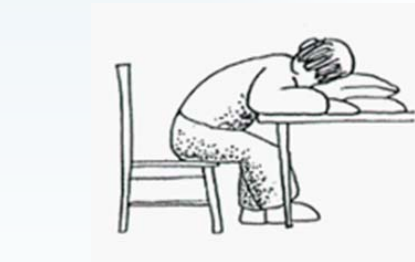
## Managing your symptoms:

Breathing exercises and other strategies can help to reduce shortness of breath (S.O.B.) by decreasing the work of breathing and promoting relaxation.

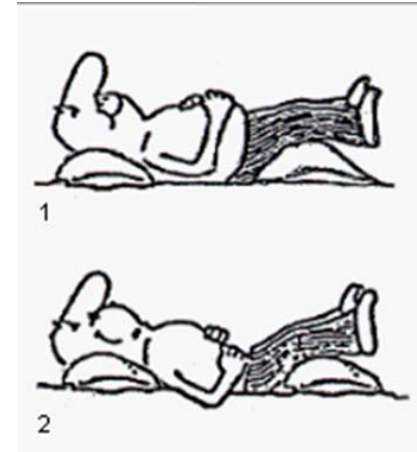
Pursed lip breathing—pursing your lips when you breathe out can help to keep your airways open.



Resting Positions can reduce shortness of breath by allowing the breathing muscles to work more efficiently. Lean forward and use pursed lip breathing.



Diaphragmatic Breathing helps you to relax and can slow down your breathing.



Relax in a comfortable position. Breathe in slowly through your nose and out slowly through pursed lips. Rest your hands on your abdomen to feel it rise and fall.