

## **Breathing**

In order to establish more ideal diaphragm function breathing is taught to patients in a variety of positions and with a variety of difficulty levels. Patient is first lying supine with their hips and knees supported at 90°. Patient is then instructed to breathe deep into their abdomen, with emphasis places on lateral rib cage movement as well as increase in pressure just inferior to their inguinal ligament with inhalation. Once mastered the patient is then sent through increases in difficulty starting with core activation and co-coordinated breathing, and then to co-coordinated arm and leg lifts.

