

Tennessee Back Pain Center

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Belly Breathing – Exercise Instructions

- This exercise is performed lying on your back.
- Lay on your back with legs bent and calves supported on an object such as a yoga ball, couch, chair, etc.
 - The main goal here is to make sure you have a 90-degree bend in your hips and knees.
- Take deep breaths in through your nose.
- Place one hand on your breastbone and one on your abdomen
- When you breathe, we want to use our diaphragm, so make sure the hand over your belly is the one moving. The other hand on your breastbone should not move at all.
- As you **inhale**, your belly should expand **outward**. As you exhale, your belly should return to normal position. Think about your belly expanding in 360 degrees
 - Repetitions
 - Perform this exercise for 3 minutes 3 times a day.
 - This exercise is more mental than physical, so take a break when you need to. The more you practice this exercise, the easier it will become.

