

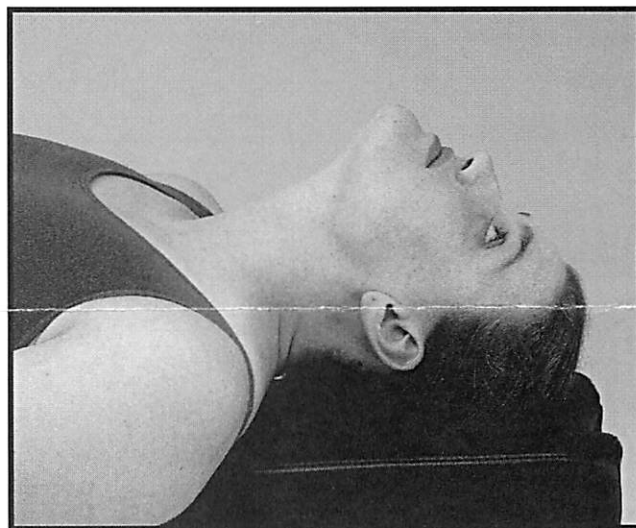
## BREATHING EXERCISE RESPIRATORY AND LYMPHATIC PUMP

Lay flat on your back on the floor or on a bed.

### While Inhaling

Extend your head and neck by elevating the chin. Concentrate the motion in the upper neck area. At the same time point your feet (plantarflexion).

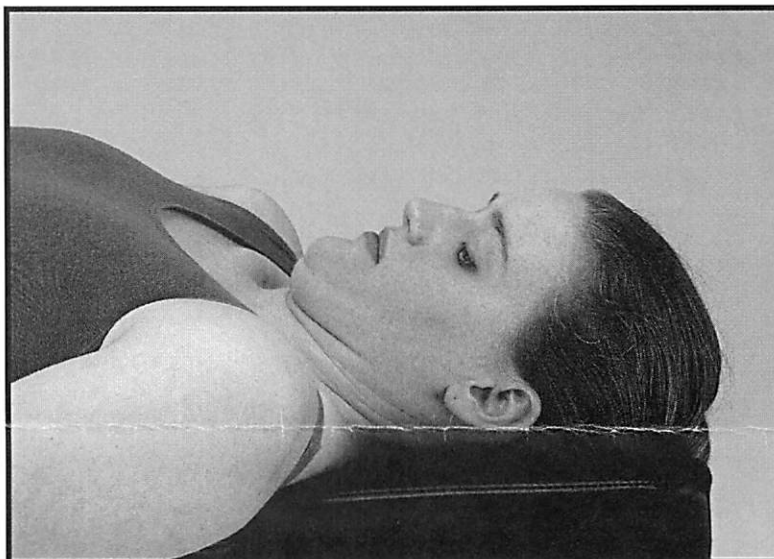
When you reach full inhalation and neck extension - hold for a count of three and then begin to exhale slowly and bend the chin down, **SLOWLY**.



### While Exhaling

Pull your chin into your neck strongly without raising your head or shoulders from the floor or pillow. At the same time bend your feet upward (dorsiflexion). Your head should reach full flexion at the same time you reach complete exhalation.

Perform this exercise for one complete minute – breathing deeply, but at your normal rate. Stop the exercise if you become dizzy or light-headed.



Number of sets: \_\_\_\_\_

Times per day: \_\_\_\_\_

When to do exercise: \_\_\_\_\_

