

Asthma - Reactive Airway Disease

Pursed-Lip Breathing

Respiratory Care Department

Pursed-lip breathing helps you exhale more fully so that you can take in more oxygen-rich air when you inhale. Use pursed-lip breathing to control your breathing anytime you start to feel short of breath. Use it to prevent shortness of breath when you do things like exercising, climbing stairs, and bending or lifting. Practice these steps every day so you'll know how to do them if shortness of breath occurs.

1. **Relax your neck** and shoulder muscles. Inhale slowly through your nose for two (2) counts

1 . 2
INHALE

2. **Pucker your lips** as if you were going to blow out a candle. Exhale slowly and gently through your lips for four (4) or more counts.

1 . 2 . 3 . 4
EXHALE



Remember:

- **Always exhale for longer than you inhale.** This allows your lungs empty as much as possible.
- **Exhale during the difficult part of any activity,** such as when you bend, lift, or reach.

NEVER HOLD YOUR BREATH!