

## DO YOU HAVE ANY DIFFICULTY BREATHING?

Please try not to spend a lot of time lying flat on your back! Laying on your stomach and on either sides will help get air into ALL areas of your lungs. Change your position regularly. Try to stay on one position for 30 minutes to 2 hours.

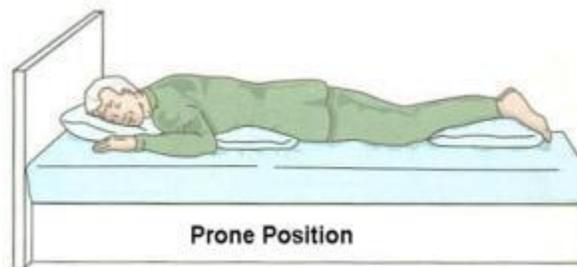
If you can do this on your own, please try to follow the schedule below:



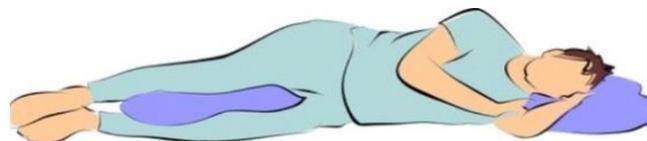
You should eat your meals in this position and remain in this position for 30 minutes to 1 hour after eating.



Lay on your R side for 30 minutes to 2 hours.



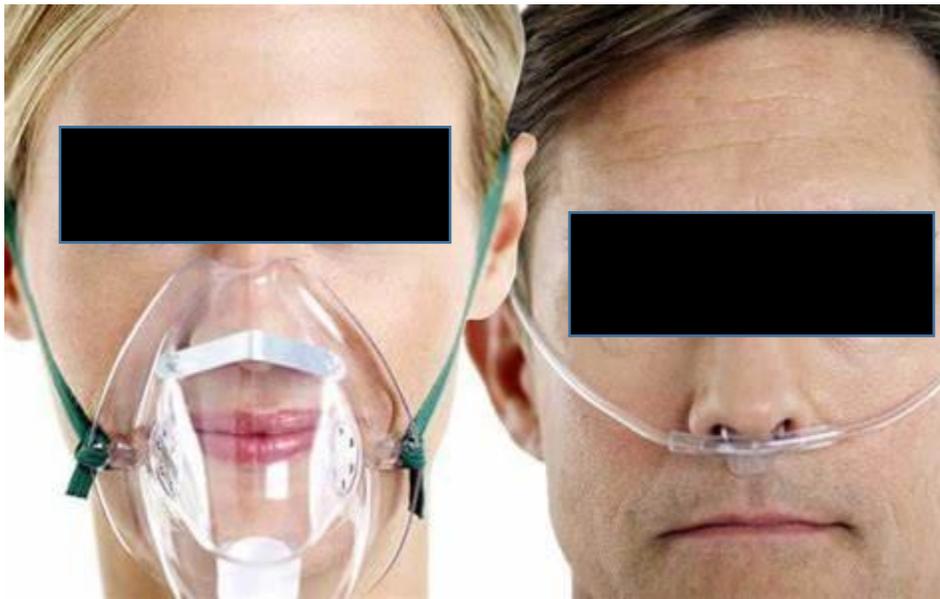
Lay on your stomach for 30 minutes to 2 hours.



Lay on your L side for 30 minutes to 2 hours.

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If you are having difficulty breathing, you may need devices to help you get more oxygen in the lungs. Proper positioning of the device is very important.



Please make sure the device is properly positioned.

For face mask, the mask should cover the nose and mouth. For nasal cannula, the two prongs should go inside each nostrils.

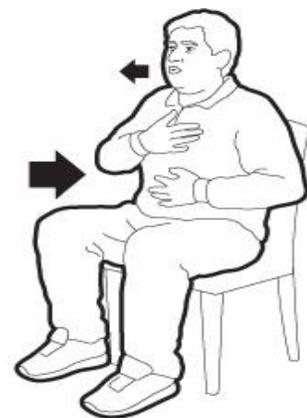
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When you have difficulty breathing, it can make you feel anxious and so you tend to take shallow breaths which makes it more difficult to get air into your lungs.

It is important to perform deep breathing techniques throughout the day.

Follow the steps:

1. Place one hand on your upper chest and the other on your belly, just below your rib cage.
2. Breathe in slowly through your nose, letting the air in deeply, towards your lower belly. The hand on your chest should remain still, while the one on your belly should rise.
3. Tighten your abdominal muscles and let them fall inward as you exhale through pursed lips. The hand on your belly should move down to its original position.



Source: Publishing, H. (2020). Learning diaphragmatic breathing - Harvard Health. Retrieved 6 April 2020, from <https://www.health.harvard.edu/lung-health-and-disease/learning-diaphragmatic-breathing>

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