

Breathing Easier

Practical Things You Can Do
When You Are Short of Breath

Hints for Health from Elara Caring



#1 mMRC Dyspnea Scale (Modified Medical Research Council):
How to explain the level of your shortness of breath.

Grade	Description of Breathlessness
0	I only get breathless with strenuous exercise.
1	I get short of breath when hurrying on level ground or walking up a slight hill.
2	On level ground, I walk slower than people of the same age because of breathlessness, or have to stop for breath when walking at my own pace.
3	I stop for breath after walking about 100 yards or after a few minutes on level ground.
4	I am too breathless to leave the house or I am breathless when dressing.



#2 Controlled Coughing

Cough with less energy and more results.

- Perform while sitting upright.
- Take a deep breath IN through your nose.
- Cough gently (mini cough) 3 to 5 times WHILE breathing OUT.
- Repeat as needed.

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#3 Pursed Lip Breathing

Quickly control and slow your rate of breathing.

- Clear your nasal passages as needed (blow your nose, etc.).
- Breathe slowly and gently IN through the nose and OUT of the mouth through pursed lips (pretend you're blowing out a candle).
- Breathe OUT for twice as long as you breathe IN.
- Do not force the air out.
- Repeat as needed.



#4 Forward Bending Breathing

Relieve temporary breathing difficulty.

- Perform while sitting.
- Bend slightly forward from the waist, but keep back straight.
- Avoid slumping or curving your back forward (open those lungs)!
- Breathe slowly and gently IN through nose and OUT of mouth through pursed lips (as if blowing into a trumpet).
- Breathe OUT twice as long as you breathe IN.
- Do not force the air out.
- Repeat as needed.



#5 Diaphragmatic (Abdominal) Breathing

Strengthen your breathing muscles so you can use less energy when breathing.

- May be performed lying down, sitting or standing.
- Clear your nasal passages as needed (blow your nose, etc.).
- Place one hand over your stomach and the other hand on your chest.
- Breathe slowly and gently IN through the nose - allow your stomach to move OUT and keep your chest still.
- Breathe OUT of the mouth through pursed lips (pretend you're blowing a pinwheel) and allow your stomach to move IN.
- Do not force the air out.
- Repeat as needed.

Do you have questions or concerns?

We Can Help

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