

# Respiratory exercises

Major pulmonary diseases can lead to a limited respiratory capacity. To recover as fast as possible and reduce pulmonary sequelae, some respiratory exercises are recommended. [Click here to watch a respiratory exercise video.](#)

If you still have an active infection, especially if it is viral, take the necessary medication while doing the exercises, to avoid infecting the other people with whom you live.

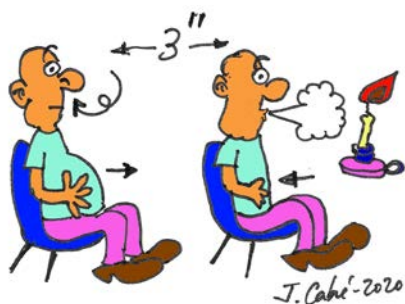
**WARNING!** Do not do these exercises if you have a fever, an intense dry cough or shortness of breath. Do not continue doing the exercises if they cause pain, cough, difficulty breathing or dizziness or fatigue.

These exercises can be done lying down in bed with your legs bent or sitting in a chair with your back straight. Do them twice a day, with two sets of ten repetitions for each exercise.

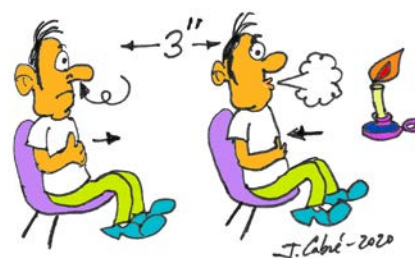
These exercises are also useful to people who have [chronic pulmonary illnesses](#) and bronchiectasis (a dilation of the bronchi where mucus accumulates), which can cause repeated bronchial infections.

## Exercises to improve pulmonary function

- Place your hand on your stomach and breathe in slowly through your nose, expanding your stomach until your lungs are filled with air. Hold your breath for 3 seconds and exhale through your mouth, as if you were blowing out a candle, until your lungs are completely empty.
- Put your hands on your lower ribs and inhale slowly through your nose, expanding



your ribs until your lungs are filled with air. Hold your breath for 3 seconds and exhale through your mouth, as if you were blowing out a candle, “closing” your lower ribs.



## Exercises to help cough up phlegm

To help soften the phlegm, it is recommended to drink about 2 liters of water per day.

In this case, the exercises are done in a lateral horizontal position, moving from side to side to help cough up the phlegm. These exercises can cause coughing, and that is beneficial to help get rid of mucus.

- Place your hands on your upper ribs and inhale slowly through the nose until your lungs are filled; hold your breath for 3 seconds and exhale with your mouth open (as if you were fogging up a mirror) until your lungs are completely empty.
- Blow into a straw that's in a cup or bottle that is half filled with water and make air bubbles in the water.



## Other recommendations

- If you want to work on your [physique](#) and do some strength training for your arms and legs, your respiratory function will improve.
- If you use an **inhaler**, you need to periodically **review how to use it**.
- [Relaxation techniques](#) help to reduce shortness of breath and anxiety.