

## ABDOMINAL BREATHING EXERCISES

We breath one of two ways – either chest or abdominal. Relaxation and stress relief are additional benefits of abdominal breathing. For people who have obstructive defecation, feelings of incomplete bowel movements, or excessive straining to pass a bowel movement, the purpose of the abdominal breathing exercise is to improve your coordination between the abdominal muscles, anal muscles, and your breathing pattern. Using this technique can produce an easier and more spontaneous bowel movement.

### STEPS TO ACHIEVE AN ABDOMINAL BREATH

- Choose a quiet place where you can concentrate for 20 minutes.
- Sit on a chair or toilet with legs relaxed and knees apart.
- Rest your feet on a stool(s) at least 6 inches high.
- Place your hands on your chest and observe the movement of your hands as you **BREATHE IN (INHALE) SLOWLY** and steadily.
- There should be little to no movement of the shoulders and hands on your chest.
- Next, **HOLD YOUR BREATH** for 20-30 seconds
- Then, **BREATH OUT (EXHALE) SLOWLY**.
- Rest for 30-60 seconds before repeating the breath.

We recommend practicing **AT LEAST 3 TIMES A DAY FOR 15-20 MINUTES**