

Abdominal Breathing

Most people breathe into their upper chest. This is termed “paradoxical” breathing. Proper breathing is abdominal breathing, which uses the diaphragm to bring air into the lower lung fields.

To perform, place one hand on top of the other over your belly button. As you inhale, allow the air to enter your lower lung fields. Your belly should rise up first and higher than your chest. As you exhale relax the stomach muscles and repeat. Performing this alone can help alleviate discomfort in the upper back, lower back and neck areas.

