

POSITIONS TO HELP YOUR BREATHING

The information given below is designed to help you manage your stable long term breathlessness.

The positions shown below may help to ease your breathlessness or help you feel more comfortable.



Lie on your side, slightly leaning forward.

Try to use 3-4 pillows in order to raise your shoulders.

Bend your knees slightly.

Place a pillow on top of a table.

Sit at the table and lean forwards until your head and upper chest are supported on the pillows.

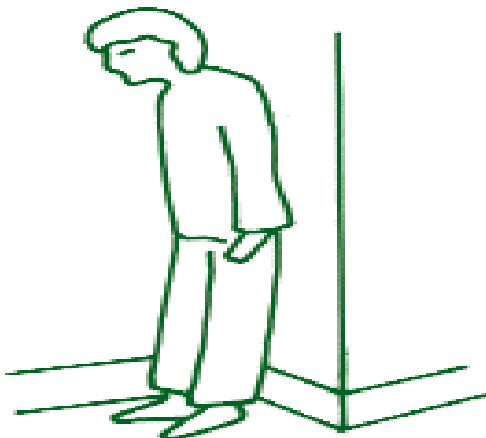


POSITIONS TO HELP YOUR BREATHING



Sit in a chair and lean forwards keeping your back straight.
Rest your forearms on your thighs.

Lean forwards and rest your arms on a ledge, i.e. Window-sill, banister or bench.



Find a wall and lean your back against it.
Relax your shoulders and let your arms fall loosely by your side and place your feet slightly apart.