

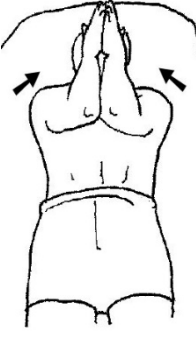
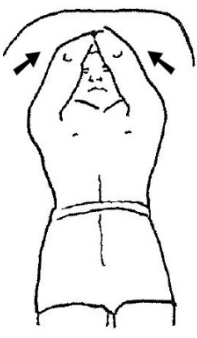
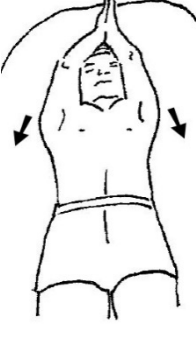
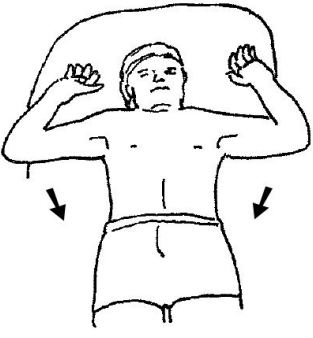
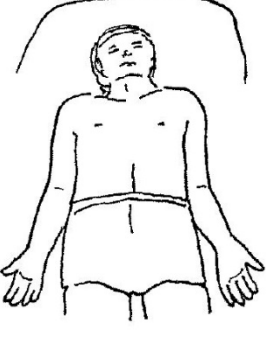

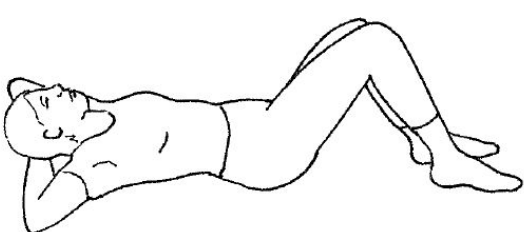


# Stretches for patients with hyperventilating / dysfunctional breathing

This leaflet offers some tips to help relax a stiff thoracic spine due to hyperventilation / dysfunctional breathing. If there is anything you do not understand speak to your physiotherapist, who can explain things for you.

These positions / exercises aim help you to open up your thorax (chest) and keep your shoulders relaxed and dropped to aid your breathing.

## Middle trapezius stretch exercise

<p>Lying down, place your forearms together in a 'prayer' position above your face.</p>	<p>With your arms in the same position, move your elbows above your head.</p>	<p>Extend your arms up so they are stretched out fully.</p>
		
<p>Slide arms to the sides.</p>	<p>Finally straighten your elbows and relax your arms. Your chest should feel wide and 'open'. Repeat up to 10 times.</p>	
		
<p><b>Arms behind your head</b> Lying or sitting, place your hands behind your head to open up your chest area. Hold for 30 seconds. Repeat up to 3 times.</p>	 	

Compassionate	Aspirational	Resourceful	Excellent
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### Arms behind your back

When standing, clasp your hands gently behind your back. This ensures your shoulders drop and opens up your chest.

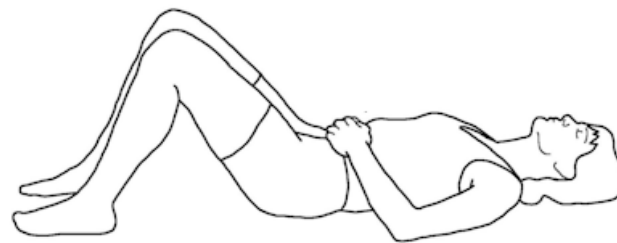
- Make sure both feet are in contact with the floor, from big toe to heels, including the outer edge of the foot.
- Knees should be in line with feet and kept 'soft'.
- Hold for 30 secs, repeat up to 3 times.



### Relaxing your spine

Place a rolled up towel in the groove of your back (under the spine).

Remove the towel and then repeat the middle trapezius stretch exercise (see page 1) 10 times.



### Contact numbers

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To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Department of Respiratory Medicine

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