

# Benefits of Deep Breathing in Lymphoedema in Self Care Routine

**Simple Lymphatic Drainage Lymphoedema and the benefits of deep breathing as part  
of your daily self-care routine**

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## Deep Breathing

Suitable for all types of  
lymphoedema

Works by changing the the  
pressure in your tummy and chest

Helps lymph to flow back into the  
blood system

Improves lymphatic health





## Why not give it a go

- Place the palm of your hands on your tummy
- Slowly, breathe in through your nose
- Let your tummy expand
- Breathe out slowly, let your tummy flatten
- Repeat 5 times

**Find a position that is comfortable for you either lying down, sitting in a chair or standing up.  
If you feel dizzy take a short break between each breath**





## Simple Lymphatic Drainage

More information on our  
Webpage use the  
QR Code for quick access



Design by Gaynor Leech © L-W-O Community 2023

PhysioPod UK and LWO Community  
working together to increase awareness  
and education of lymphoedema



Simple Lymphatic Drainage  
Lymphoedema and the benefits of deep breathing as part of your daily self-care routine

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Part of your daily routine

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