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

VIDEO LINK

Listen to Audio

Download PDF

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

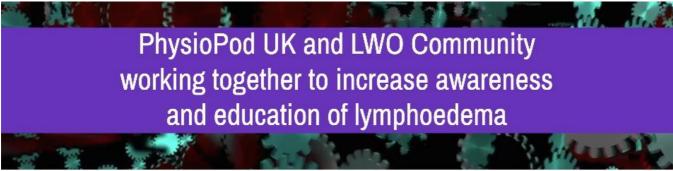
- Place the palm of your hands on your tummy
- Slowly, breathe in through your nose
- Let your tummy expand
- Breathe out slowly, let your tummy flatten
- Repeat 5 times

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

> Deep Breathing Part of your daily routine

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

More information on our webpage use the QR code for quick access