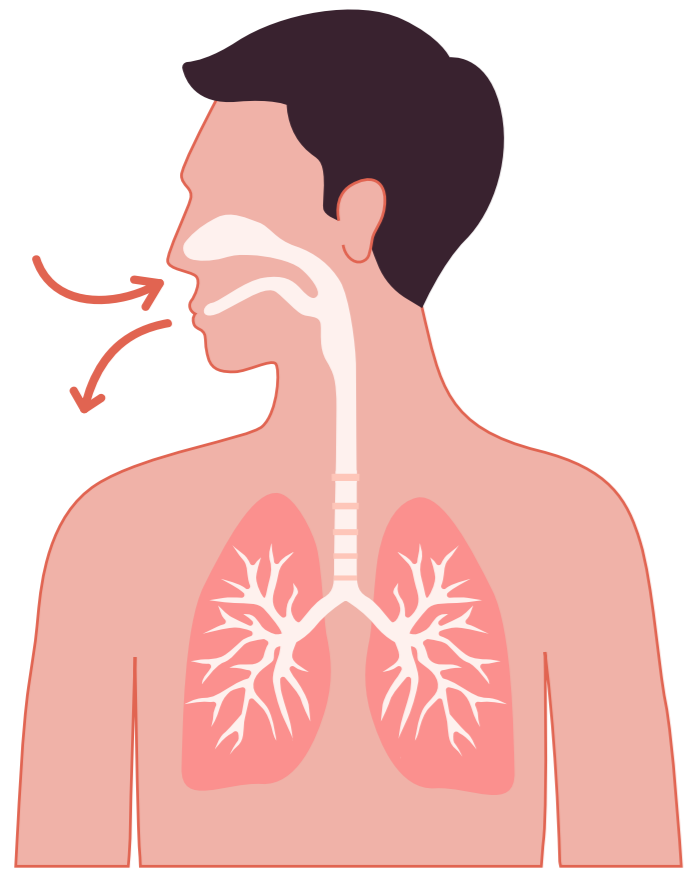




EXERCISE DURING BREAK TIME FOR PULMONARY REHABILITATION

Lesson 1: Breathing and respiratory muscle exercises



Movement 1 - Long exhalation technique:

Inhale through the nose, then long exhale through the mouth.

Movement 2 - Strong exhalation technique:

Inhale through the nose, then exhale quickly and strongly through the mouth, helping to open the airways by the cough reflex at the end of expiration.



Movement 3 - Chest breathing:

Place one hand on your chest, one on your stomach. Start inhaling as much as you can to expand your chest, then exhale slowly. Keep the abdomen from expanding while breathing.



Movement 4 - Belly breathing:

Bring your hands to your stomach, inhale until the abdomen expands to its maximum, then exhale until the core collapses to its maximum.

Demonstration video:



Lesson 2: Chest open, neck and shoulder pain relief



Movement 1:

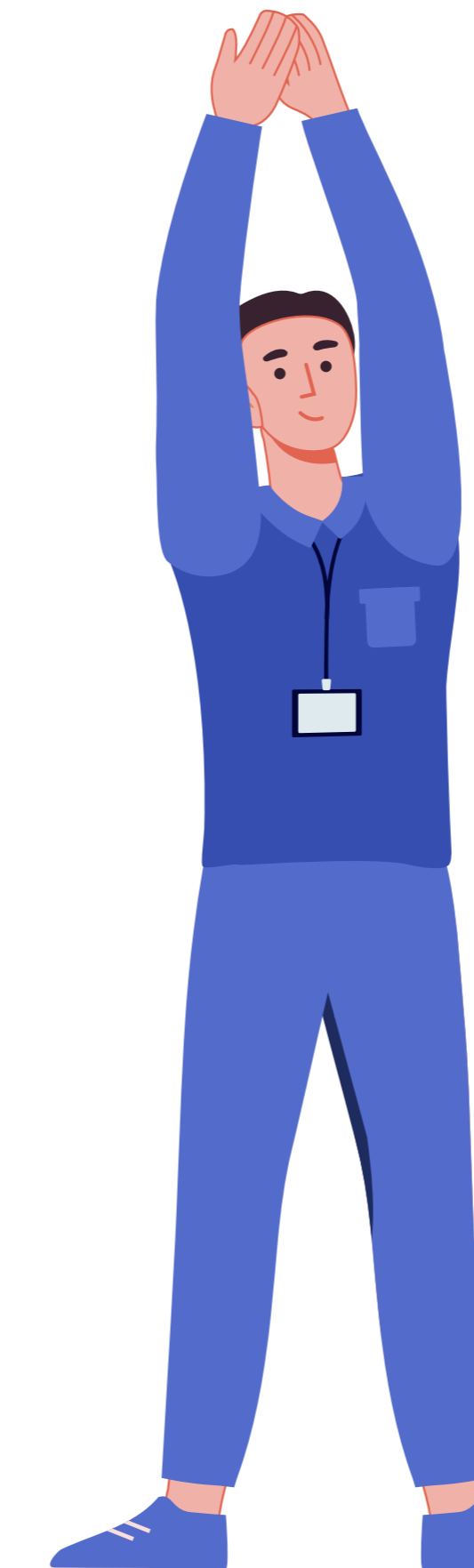
Bring your arms forward, start to inhale and bring your hands back as far as possible. Then exhale slowly and bring your hands back to the original position.



Movement 2:

Bring your elbows forward, begin to inhale and rotate your elbows as far as possible back. Then exhale slowly and rotate the elbows back to the original position.

Lesson 3: Breathing dance, relieve back and waist pain and improve blood flow to the brain



Movement 1:

Stand straight, feet shoulder-width apart. Inhale and bring your arms up together. Then exhale and bring your hands back to the original position.

Movement 2:

Bend over, feet shoulder-width apart, arms crossed. Inhale and reach up with your arms together, then exhale and bring your hands back to the original position.

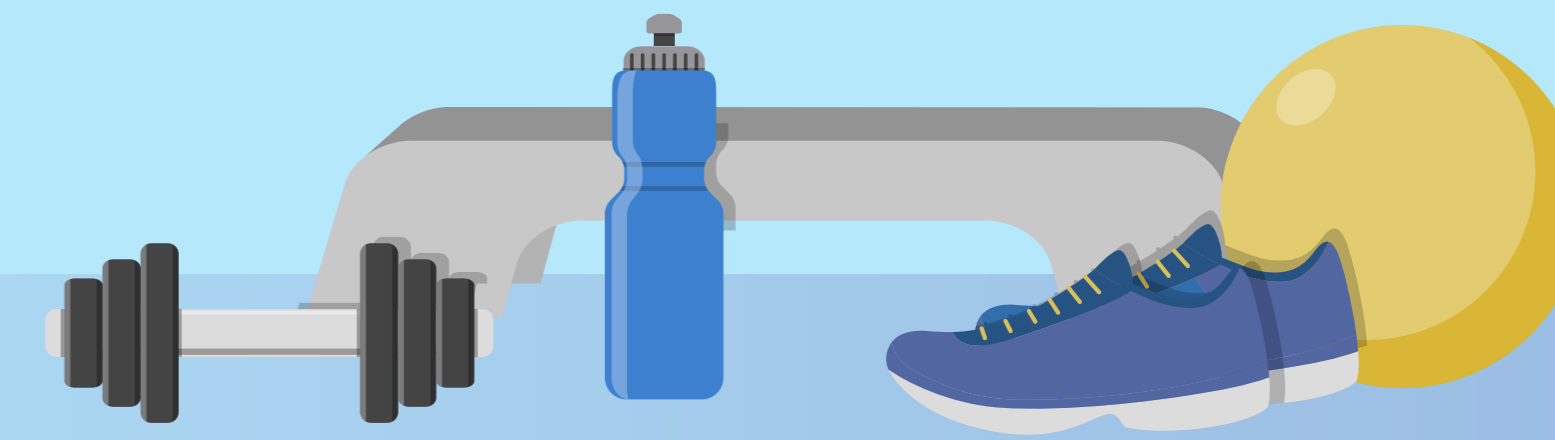


Demonstration videos:



EXERCISE WITH SUPPORT EQUIPMENT

(CAN PRACTICE AT HOME)



Lesson 1: Remove the residual volume of air in the lungs



Blow the ball with full force:

Equivalent to forced exhalation, this helps to remove the residual volume of air in the lungs. Bring the balloon to your mouth, take a breath, then take a long breath, exhaling as hard as you can in one blow.

Lesson 2: Strengthening endurance



Flying birds:

With both hands holding the dumbbells down along your body, begin to inhale and raise your arms to the side. Then exhale slowly and lower your arms back to the original position.



Cross arms:

Hold dumbbells in both hands and start to inhale. Then exhale with your arms crossed in front of you.



Arms on the head:

Inhale while bringing the dumbbells over your head with both hands, then exhale and lower the dumbbells.

Lesson 3: Increase lung vital capacity



Middle lung lobe:

Cover the scarf from the back to the front of the chest, located below the armpit. Two crossed hands holding the two ends of the towel. Begin to inhale deeply and squeeze the towel, then let go of the towel abruptly and exhale.



Lower lung lobe:

Do the same but the towel is located under the chest. Note to let go of the towel before starting to exhale.



Source: **Refer to "7 exercises for lung rehabilitation - 1A Hospital"**