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DIAPHRAGMATIC BREATHING

The diaphragm is a dome shaped muscle that forms the floor of the rib cage. It is the most efficient muscle for breathing. This is accomplished by slow rhythmic breathing concentrated in the diaphragm muscle rather than the upper chest or neck. Breathing properly for core lumbopelvic stability exercises depends on the proper posture and neutral spine position.

HOW TO DO PROPER BREATHING

- Start by lying on your back or reclining in a chair in a relaxed position. Place your hands around the lower portion of your rib cage.
- Relax your jaw by placing your tongue on the roof of your mouth and keeping your teeth slightly apart.
- Take a deep breath in through your nose, focusing on letting your rib cage widen and your abdomen expand. As you breathe in keep your upper chest, neck and shoulders relaxed
- As you breathe out through your mouth, allow your abdomen and chest to fall. Exhale completely.
- Remember to breathe slowly. Do not force your breathing.
- Practice this for ____ minutes.

