

# CHEST PHYSIOTHERAPY - Clearing Your Chest Using Breathing Exercises

**Watch the video about breathing exercises at <https://www.youtube.com/watch?v=kC-H8fFzZes> and answer the questions below:**

According to Dawn Gleeson,

1. ...breathing exercises are aimed at people suffering from ongoing chest conditions that lead to the build up of phlegm. Name the conditions that she enumerates:

- a) a.....
- b) b.....
- c) c.....

2. ...drinking enough caffeine-free fluid keeps you hydrated. The danger of dehydration is that phlegm may become more difficult to cough up as it gets more

- a) viscid
- b) purulent
- c) loose

3. What is the order for the **breathing exercise** described by Dawn Gleeson?

1. relax shoulders	
2. relax it out	
3. sit straight	
4. hold that breath	
5. take a deep breath in	
6. pause	

4. What is the order for the **huff** as described by Dawn Gleeson?

1. mouth wide open	
2. shoulders down	
3. deep breath	
4. fast breath out	

5. Gleeson advises to 'pace yourself' meaning the right amount of exercise. Overdoing exercise is dangerous as it ...

- a. makes you more prone to chest infections
- b. provokes.....
- c. irritates.....
- d. produces.....

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NHS Forth Valley, *Clearing Your Chest With Breathing Exercises*, 2.07.2013 [dostęp 23.03.2020] dostępne w <https://www.youtube.com/watch?v=kC-H8fFzZes>.

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