

Co-ordinating breathing can:

1. Oxygenate all of the body's tissues
2. Increase expansion and elasticity of lung tissue
3. Improve mobility of the chest-elongates the intercostal muscles (the muscles in-between the ribs), improve mobility of the clavicle (collar bone), scapulae (shoulder blades) and the thoracic (mid-back) spine
4. Increase mental alertness and decrease fatigue
5. Increase exercise capacity-particularly for endurance activities. It will also increase your sense of exertional awareness (when you're taxing the system too much)
6. Improve the ability to clear your airways when congested by colds, prolonged bedrest or when dealing with post-op challenges
7. Improve co-ordination of pelvic floor muscle control
8. Improve sleep
9. Decrease pain due to neuropathy and muscle spasm
10. Decrease blood pressure
11. Decrease anxiety-the fight, flight or freeze response. The brain can't focus on 2 things at once. It can also be a useful biofeedback tool that's free of charge.
12. Helps to build new, improved neural pathways and support neuroplasticity to improve quality of movement

Techniques:

1. Pursed lip breathing
2. Segmental breathing/Diaphragmatic breathing
3. Box breathing-in supine (lying on back), laying on your side, sitting or standing
4. Visualization of breathing into various body parts (also enhances blood flow)
5. Co-ordinating of breath in static postures or when in motion-learn to avoid holding the breath when exercising in any form