

Whole Body

THE POSTPARTUM PROJECT

Diaphragmatic Breathing

Purpose: to help the diaphragm expand and the pelvic floor relax.

Start lying on your back with your knees bent up. Place one hand on your rib and the other on your chest. As you breathe in deeply, try to breathe into your ribs causing them to move out into your hand. The hand on your chest should not move.

- Imagine breathing in a 360-degree motion, you may feel your back press into the floor as your ribs push out to the sides.



****This exercise is not prescribed. It is intended to be educational and is not a substitute for an exam by a physical therapist. If you would like a prescribed program based on your individual needs, we can be reached at:**

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