

PURSED LIPS BREATHING EXERCISE FOR COUGH

1. Close your lips as if you are whistling. Breathe in and out against the lips' resistance. Be sure no air is coming in and out of the nose.
2. You need to make it difficult to breathe, so that after 10 breaths or so you may feel a bit dizzy.
3. Do this 10 times a day (your brain will start to establish a program to deal with this new problem).
4. If helpful, gently hold the nose.
5. If helpful, hold a finger up to the lips, and blow against the finger.
6. You may explore short, rapid breaths or long slower breaths to see which works best for you
7. Use this breathing technique to prevent and interrupt cough.
 - a. Use this breathing technique when you become aware of sensations in your throat that occur before a cough starts.
 - b. If cough starts, use pursed lips breathing immediately.
 - c. If a cough breaks through, use all of your available energy and continue interrupting the cough again and again, using the technique.
 - d. Use gentle pursed lips breathing in situations where you feel vulnerable to a cough starting.
8. As you prevent and interrupt coughs, the coughing episodes will become less frequent, shorter, and less severe.

Adapted from Florence Blager, PhD., SLP.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Reference

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