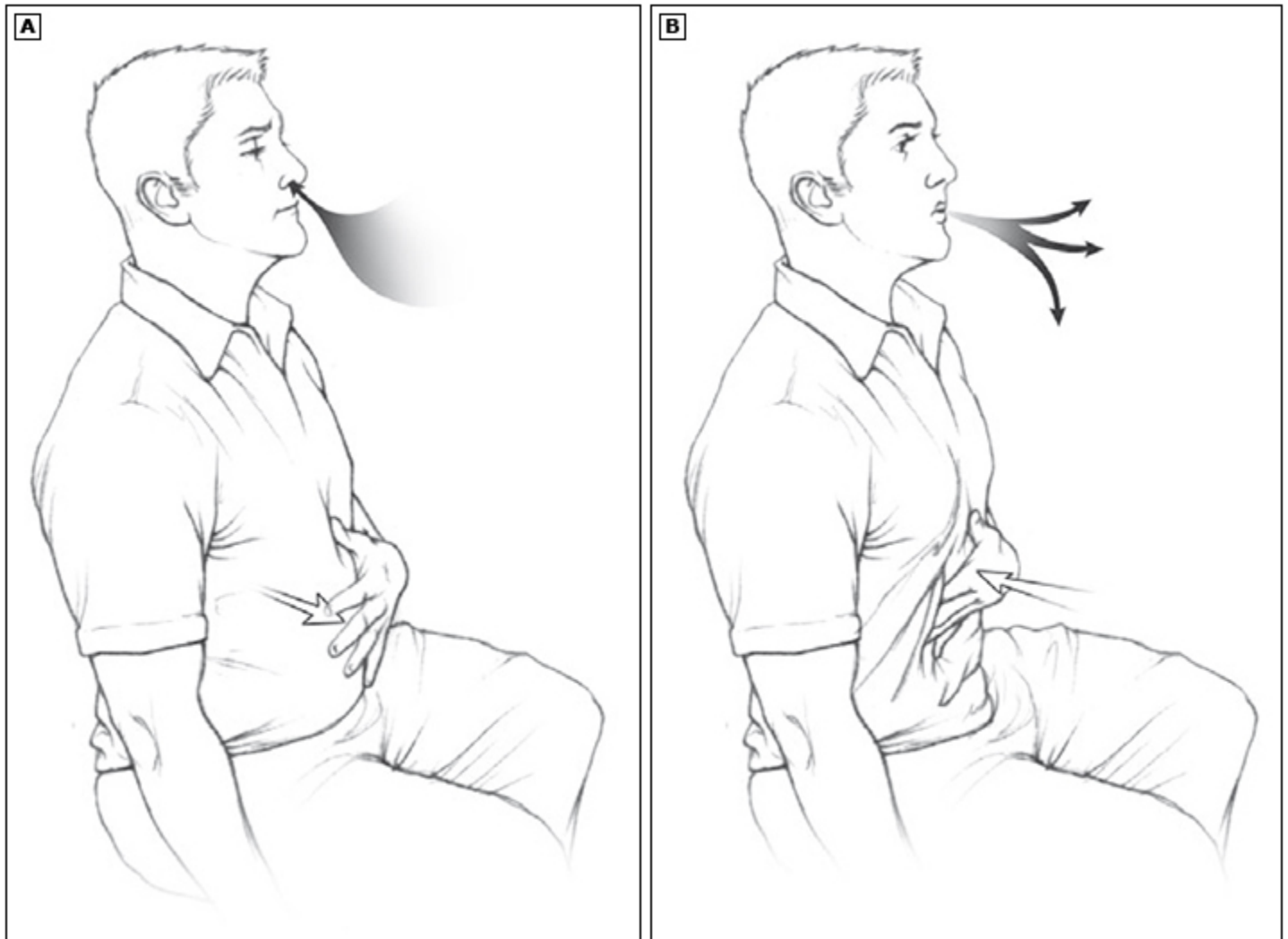


## Diaphragmatic breathing



Patients are instructed to place one hand on the abdomen and one on the chest. They are instructed to slowly inhale through the nose, and during inhalation, only the hand on the abdomen should rise, and the hand on the chest should move minimally. Patients then slowly exhale via the mouth.

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