

1. Deep Breathing
 - a. Technique: Inhale deeply through mouth, hold breath for 1-2 seconds, exhale slowly through mouth
 - b. Frequency: Repeat 5 x
 - c. Purpose: To increase respiratory reserve

2. Paced Breathing
 - a. Technique: Inhale deeply for a count of 4, hold for a count of 4, exhale to a count of 8
 - b. Frequency: Repeat 5x
 - c. Purpose: To practice a normal rhythm of the breathing cycle (ration 1:2 inspiration to expiration)

3. Triple Breath Holds
 - a. Technique: Take a deep breath in through your mouth, hold it and take another breath, hold it and take another. Exhale
 - b. Frequency: Repeat 5x
 - c. Purpose: To expand the lungs and upper airways as fully as possible. Helps to increase vital capacity
 - d. PRECAUTIONS: DO NOT PERFORM IF CARDIAC PRECAUTIONS EXIST

4. Quick breaths
 - a. Technique: Inhale through your mouth as much air as you can as quickly as you can using two quick breaths
 - b. Frequency: Repeat 10x
 - c. Purpose: To get air in and out as quickly as possible to yell out in an emergency or to help with coughing

5. Number counting
 - a. Technique: Inhale deeply, then count out loud until you run out of air
 - b. Frequency: Do this once at medium pitch and then repeat it once shouting out loud
 - c. Purpose: Counting helps with breath control and facilitates speaking in uninterrupted sentences.

6. Accessory Necks
 - a. Technique: Tighten your neck muscles. The muscles and tendons should stick out. Then relax.
 - b. Frequency: Repeat 2 sets of 15 reps
 - c. Purpose: To strengthen the neck accessory breathing musculature. When they contract they elevate the ribs and allow the lungs to expand more.

7. Accessory for Upper Trapezius / “ Shoulder shrugs”

- a. Technique: Shrug your shoulders, lifting them towards your ears. Then relax.
- b. Frequency: Repeat 3 times
- c. Purpose: To strengthen the accessory neck muscles

8. Coughing

- a. Technique: Inhale deeply through your mouth. Do two quick coughs, one to “ get it up” and one to “get it out”
- b. Frequency: Repeat 3 x
- c. Purpose: To attain a functional cough which is strong and forceful enough to clear secretions. You should listen for a strong “huffing” sound, not a soft clearing of the throat.

9. Games:

- a. Technique: Use any of the following or make up your own to improve phonation, vital capacity, and strength:
 - i. Whistling
 - ii. Singing
 - iii. Wind instruments
 - iv. Blowing balloons
 - v. Blowing through straws to push ping pong ball around