



GASTROENTEROLOGY
DEPARTMENT OF THE
CIUSSS de l'Estrie – CHUS

DIAPHRAGMATIC BREATHING

5-5-10 seconds breathing technique

OBJECTIVE

The goal of diaphragmatic breathing (also known as abdominal breathing or deep breathing) is to support the movement of digested food from the stomach to evacuation as a stool. Diaphragmatic breathing thereby helps to alleviate abdominal bloating. It involves alternately relaxing the diaphragm while contracting the abdominal muscles, and vice versa.

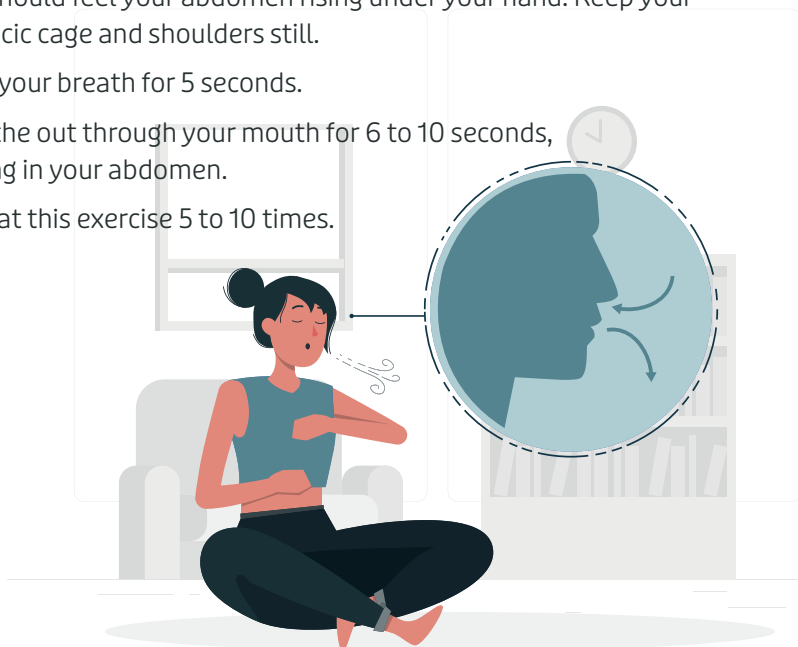
When there is improper muscle coordination, the result is thoracic breathing, a common cause of bloating. Diaphragmatic breathing may also be effective in managing excessive belching.

Diaphragmatic breathing technique

You should incorporate the following exercise into your routine and practise it after each meal.

Go to a quiet space, if possible, sit down, and close your eyes.

- Place one hand on your thorax and the other on your abdomen.
- Breathe in through your nose for 3 to 5 seconds.
- You should feel your abdomen rising under your hand. Keep your thoracic cage and shoulders still.
- Hold your breath for 5 seconds.
- Breathe out through your mouth for 6 to 10 seconds, pulling in your abdomen.
- Repeat this exercise 5 to 10 times.





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