



The Oesophageal Patients Association

Caring for the cancer patient and their family

BREATHING EXERCISES FOR CLEARING SECRETIONS

A breathing cycle may be taught to you by your physiotherapist to help cough up unwanted mucus. The cycle has 5 components:

1. Breathing control

- relaxed, gentle breathing

2. Thoracic expansion

Exercises x 4

- perform in side lying- operated lung upwards (unless otherwise instructed), or sitting upright

3. Huffing x 2

- breath out sharply and forcefully as if steaming up a mirror

4. Cough

- when secretions are felt at the back of the throat, cough them up