



The Oesophageal Patients Association

Caring for the cancer patient and their family

BREATHING EXERCISES FOR LUNG EXPANSION

Thoracic expansion exercises and incentive spirometry are designed to expand the lung after anaesthetic/surgery, and will improve post-op breathlessness. The effects of these breathing exercises are enhanced by being as mobile as possible, walking to the point of breathlessness.

Thoracic Expansion Exercises

- Deep, slow, inspiration with 4 second breath hold
- Frequency: 10 x per hour during waking hours
- perform in side lying – operated lung upwards (unless otherwise instructed), or sitting upright

Incentive Spirometry

- Slow, deep inspiration through mouthpiece, 6 second hold. Keep the flow marker within smiley face, whilst reaching maximal level on the volume scale
- 10 x per hour when awake
- Best performed sitting upright