



The Oesophageal
Patients Association
Caring for the cancer patient & 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