



The Oesophageal  
Patients Association  
Caring for the cancer patient & 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