Description of breathing control exercises and respiratory muscle training

Breathing control exercises

**Diaphragm breathing** or slow and deep breathing is performed by breathing with the diaphragm muscles [7]. The work of the accessory muscles during inspiration is reduced at the same time [26].

**Yoga breathing** involves instruction on breathing, relaxation and body position [41].

**Body position exercises or relaxation exercises** are favorable positions of the body that encourage the upper chest, shoulders and arms to relax, allowing movement of the lower chest and abdomen. These exercises are often used during diaphragmatic breathing. Examples of such positions may be: high side lying, relaxed sitting, forward lean standing and knee leaning positions [10].

**Pursed-lip breathing** is performed by breathing out with pursed lips (half-opened lips). The expiratory mouth pressure is about 5 cm H2O using this technique [7].

Respiratory muscle training

**Inspiratory muscle training** can be performed by:
- Normocapnic hyperpnea: the patient trains the respiratory muscles voluntarily at a high level for an extended time (about 15 minutes)
- Inspiratory resistive loading breathing: inhalation is performed “through a mouthpiece with an adapter with an adjustable diameter” [3, p. 455]
- Inspiratory threshold loading breathing, which is performed through a flow of independent resistance [3].

**Expiratory muscle training** can be performed by low-intensity endurance training or high-intensity strength training [3].