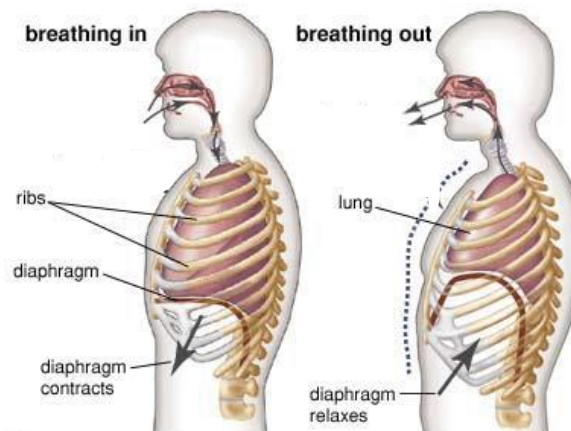


Ribcage Breathing

Purpose: Allows continued breathing when pulling the belly button towards the spine; loosens the ribcage, and fills the lungs with air without losing core control.

- Deep breathing all the way down the spine and into the pelvic region expanding the breath into the back and sides of the ribcage.
- Abdominals properly pulled in by drawing the belly button towards the spine so that they provide a supportive corset for the whole trunk.
- Knowing how to breathe while keeping the abs contracted gives us extra support throughout movements and exercise.
- Being able to perform lateral/ribcage breathing as well as diaphragmatic/belly breathing will increase your overall breathing capacity and body awareness.
- Use while lying down, standing, or sitting so that your expanded ribcage can help support the weight of the upper body and minimize pressure on parts below.



Ribcage expands to sides & back

Ribcage relaxes down

- Practice ribcage breathing first lying on your back with your knees bent, then progress to a seated position with feet and legs spaced comfortably apart. Place your hands at both sides of the ribcage with fingers in front and thumbs at the back. Slowly inhale (breathing in) and let your ribcage expand out to the sides and towards the back and then slowly exhale (breathing out) letting your ribcage relax and move down and in. **DO NOT** hold your breath! Draw the abdominal muscles in to the waist pulling your button towards your spine.
- Hyperventilation is possible if this breathing exercise is done too many times continuously, so normal breathing should be resumed after 3 or 4 deep breaths before repeating.