

## **Respiratory muscle training and stretching exercises in lying and sitting position (approx. 25 min.)**

In a supine position in bed, first stretch in all directions, temporarily banishing the blanket from the bed. Please keep the pillow for later.

### **1) Abdominal muscle training**

In supine position, please push both palms under the buttocks for stabilization. Both legs lie stretched on the mattress. Now please lift one stretched leg approx. 20 cm from the mattress and make ten small circles clockwise. Then put the leg down and take the opposite side. Please make ten small circles in a clockwise direction again. Now please put your leg down and rest a little, because the second round follows, in which we repeat the two leg exercises - only this time counter-clockwise.

### **2) Abdominal muscle training**

From the same position as in the previous exercise, please now tense both legs, pull the tips of the feet towards the head and try to lift both legs slightly off the mattress at the same time. If you cannot lift the legs off the mattress at the same time, then simply tense the stomach and the legs, pull the tips of your feet towards the navel, lift the head slightly and hold this position for a few seconds.

### **3) Flank stretching (half-moon position)**

Stay in the supine position, legs stretched, arms to the right and left of the pelvis. Now please slide on your back to the right edge of the bed. The pelvis remains straight, the mattress contact is not loosened. Now slide the stretched legs as far as possible to the left edge of the bed. In addition, keep your right arm lying on the mattress, stretched out over your head, also towards the left edge of the bed. From the ceiling you now look like a banana or a crescent. The left hand wanders across the pelvis to the right outer ribcage and lies flat there. With the counterweight of the left hand, the stretching in the right flank as well as the breathing movement of the abdomen and ribs can now be felt more clearly. Please remain in this stretching position for 20 seconds. Then change to the opposite side and repeat the exercise in mirror image position.

### **4) Three-dimensional neck muscle stretching**

Now please sit up in bed. Both hands rest on the mattress next to the pelvis. Grasp the left auricle with your right arm over your head. If possible hook with the middle finger in the upper ear cartilage. Now lower your head and look to the left outer side of the pelvis. At the same time, your right arm tries to pull your left ear gently to your right shoulder from this position. If you do not lose sight of the left pelvis, a stretching of the left neck area will be created. Please stay in this position for 20 seconds. Then change to the opposite side and repeat the exercise in mirror-inverted position.

Now fold both hands and place them on the back of your head. If possible sit upright. The chin is now moved as far as possible in the direction of the chest, please do not make any rocking movements, but bend slowly to the maximum degree of movement and then stay in the stretching position for 20 seconds. After these 3x20 seconds of neck stretching, please do a second round and stretch again the right, the left and the back of the neck.

### **5) Back and leg stretching**

Please sit upright in bed with your legs stretched and place both hands on your thighs. Now step by step, alternating with the palms of your hands along the edges of the shins in the

direction of the hocks and toes. The head hangs relaxed between the two arms. Again, bend forward to the maximum degree of movement and then remain in the stretch for 20 seconds. In addition to your back, you will now also feel a stretch in the back of your knees. Please enjoy the conscious inhalation and exhalation during this exercise.

### **6) Diaphragm- or abdominal-breathing**

Now please lie back on the mat with your legs stretched out and breathe into your stomach consciously. In order to better feel what to do during the so-called abdominal-breathing, place both palms of your hands on your stomach. Now try to make sure that your hands are lifted as far as possible towards the ceiling by the belly. At the highest point of the movement please pause for 2 seconds before letting the small abdominal dome collapse again with the exhalation. Please repeat this exercise five times.

### **7) Diaphragmatic-breathing in prone position**

Now please change to the prone position. The forehead can first be placed on a pillow so that the nose is not pressed into the mattress. The legs are stretched out, the backs of the feet lie flat on the mattress and the arms lie stretched out parallel to the body. Try to lie completely straight and flat and stay in this position for a total of five deep breaths. Again, breathe consciously and deeply into the abdomen, as in the previous exercise. When inhaling, try to lift your back far towards the ceiling. Linger at the peak of the movement for 2 seconds and enjoy the relaxation during the exhalation.

Next, please turn your head to the right. Stay in this position for a total of five deep breaths, which you take slowly into your abdomen and allow to escape. Again, stay at the peak of the movement for 2 seconds and then let the air escape in a relaxed manner. Finally take five deep breaths with the head turned to the left.

A well-balanced symmetrical body is rare. Mostly there is a chocolate side where the movement works better. Please remember on which side the exercise was more difficult and stretch this side consciously and increasingly in the future. You will make progress!

### **8) Cough muscle training**

Now please push a pillow under your chest in a straight prone position at chest level so that it is easier to lift your face from the mattress. The legs are stretched out and the back of the feet lie flat on the mattress. Bend your arms and place the palms of your hands at shoulder level next to your upper body. Now please lift both arms at the same time as if someone shouted "Hands up!" to you. Stay in this position for 2 seconds and then return to the starting position. Tense your gluteal muscle during this exercise to make it easier. Once again, "Hands up," hold for 2 seconds and release. Repeat this exercise ten times in total.

### **9) Cough muscle training (Yoga figure: little cobra)**

Back to the straight prone position without pillow support. You lie flat on the mattress, your head is turned towards the mattress, your arms are angled and the palms of your hands are placed at shoulder height on the right and left. Now slowly press your hands into the mattress in order to raise your body to the maximum possible from this position, if possible until the arms are fully extended. Please do not overstretch your head and continue to breathe calmly. Remain in this position for 20 seconds. Return to the relaxed prone position. After a few deep breaths please repeat the exercise just described twice more.

### **10) Spinal column mobilization**

Please proceed to the quadruped stand. Now change in slow motion and as smoothly as possible from the cat's hump to the hollow back. In the hollow back position the head goes up and you breathe in, in the cat hump position you roll your head down and breathe out again. Please repeat this exercise ten times.

At the end of the exercise try to sit down on your heels with your arms still stretched out. If you have problems here, you can put a cushion between your bottom and your calves. Now move your palms as far forward as possible, stretching your arms, letting your head hang relaxed between your upper arms and enjoying the stretching of your back muscles. Please remain in this position for 20 seconds.

### **11) Cough muscle training**

Next, please make breaststroke movements while sitting on the edge of the bed. Please make sure that with each new swim movement you come forward a little bit further than with the last one. Please do this exercise as vertically seated as possible and especially in slow motion. Do ten repetitions in total.

### **12) Cough muscle training and diaphragm mobilization**

Please remain seated on the edge of the bed. Straighten up your upper body and lift both arms straight up. Now take turns reaching for the most beautiful apples you can imagine. Please reach for the fruits correctly and stretch upwards as far as possible. Open and close your hands twenty times as if your picking had been particularly successful.

### **13) Ventilation exercise**

Short and sweet: Please sigh three times very heartily and deeply.

### **14) Cough muscle training and airway cleaning**

Please sing and dance a verse of the "The Chicken Dance" as loud and clear as possible, but only on the syllable "Da".

Please accompany your "Da-Da-Da" singing with the typical chicken dance arm movements: Stretch up your arms, open and close your hands like a duck's beak three times, flap your wings three times with your elbows, wiggle your upper body three times and finally clap your hands three times.

The important thing here is to pump up with your elbows as hard as possible while flapping your wings, and to flap down towards your chest while singing a whole verse of "The Chicken Dance" on "Da-Da-Da" aloud.

### **15) Final airway cleaning**

Please inhale and exhale ten times very calmly, slowly and deeply while sitting down. Then cough three times vigorously in the crook of your arm or in a pillow. Now again ten times very calmly and breathe in and out again very deeply. And with the next three strong coughs you will end your training program for today.