



BREATHE  WELL PHYSIO

Available at Elevate Movement Therapies

# BREATHE WELL BE WELL

## Breathing well matters



Research has shown that HOW you breathe can affect how your breathing feels.



Poor breathing patterns can worsen shortness of breath, limiting activities and decreasing quality of life.



Learning better more efficient breathing strategies may help decrease your symptoms and get you back to the things you love.

When you experience difficulty breathing, for instance during exercise or an asthma event, helper muscles in the neck and shoulders try to assist to make breathing easier.

For the short term, that style of breathing is helpful. However when the stress is over, we need to be able to return to a natural, relaxed breathing pattern. Sometimes that doesn't happen and the body gets used the breathing that way. Despite it being inefficient and uncomfortable, the habit is easier to do, than undo.

Physiotherapy can help by teaching you better, more efficient ways to breathe at rest and during activity, so that you can decrease breathlessness and improve tolerance to daily activities.

## To find out more or to book an appointment:

[www.breathewellphysio.com](http://www.breathewellphysio.com)

**587-393-8263**



\*Both in-person and virtual appointments available!