



# Pursed Lip Breathing

## *Home exercise program*

**Pursed lip breathing is one of the most effective ways to control shortness of breath. It is a simple way to slow the pace of your breathing, which makes each breath more efficient.**

### **What does pursed lip breathing do?**

Pursed lip breathing helps to:

- Improve breathing overall
- Release trapped air from your lungs
- Keep your airways open longer
- Prolong your exhalation to slow your breathing rate
- Improve your breathing patterns by moving old air out of your lungs and allowing new air to enter your lungs
- Relieve shortness of breath
- Cause general relaxation

### **When should I use this technique?**

Use pursed lip breathing:

- During the difficult part of any activity, such as bending, lifting, or climbing stairs
- When you feel you are “behind” on your breathing, or when breathlessness causes you to feel panic or anxiety

## Questions?

Call 206-598-4830

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Occupational Therapy:  
206-598-4830

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## Pursed Lip Breathing Technique

Practice this technique 4 to 5 times a day at first so you can get the correct breathing pattern:

- Relax your neck and shoulder muscles.
- Breathe in (inhale) slowly through your nose and count to 2, keeping your mouth closed. Do not take a deep breath; a normal breath will do. It may help to count to yourself: “Inhale, 1, 2.”
- Pucker or “purse” your lips, like you are going to whistle or make the flame of a candle flicker slightly.
- Breathe out (exhale) slowly and gently through your pursed lips while counting to 4. It may help to count to yourself: “Exhale, 1, 2, 3, 4.”



Inhaling during pursed lip breathing



Exhaling during pursed lip breathing

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