



## Specialist Paediatric Physiotherapy Outreach Respiratory Team (SPORT)

### Positions to Ease Breathlessness

Dependant on where you are when you become breathless and the facilities that are available these are some positions to help decrease the breathlessness. **These can also be used with distraction and reassurance.**



- Lie on your side with a pillow between your legs and your head elevated with pillows. Keep your back straight.
- It is important with this position that whilst remaining on your side your upper body is elevated and as upright as possible.



- Rest your feet flat on the floor.
- Lean your chest forward slightly.
- Rest your arms on a table.
- Rest your head on your forearms or on some pillows.



- Rest your elbows or hands on a piece of furniture, just below shoulder height.
- Relax your neck, resting your head on your forearms
- Relax your shoulders.

**OR**

- Lean your hips/ bottom against a wall and let your upper body come forwards. You could even place your hands onto your thighs.