

# Lateral costal breathing

Reviewed by SickKids Staff

Last updated: September 16, 2024

## Position to do this in:

- Lying on your side
- Sitting
- Lying on your back

1. In the correct position, take a slow deep breath in. Try and make the sides of your chest move out and hold for 3 seconds. You can put your hands on your sides to remind you to do this properly.
2. Blow out slowly through pursed lips. Make your lips look like you are going to whistle.
3. Do this exercise \_\_\_\_\_ times, every \_\_\_\_\_ hours.



Watch this video to see someone performing lateral costal breathing (<https://youtu.be/aPSBSXnDiRw>)

