

Breathlessness Support Service

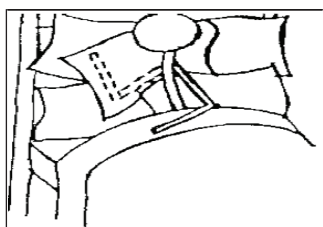
Positions to ease breathlessness

This information sheet helps you manage your long-term breathlessness. If your breathing is getting worse or you are experiencing breathlessness as a new feeling, it is important to seek medical advice from your GP.

The positions shown on the back of this leaflet may help to ease your breathlessness or help you feel more comfortable. For more information about which positions may help you, please speak to your physiotherapist, occupational therapist or doctor.

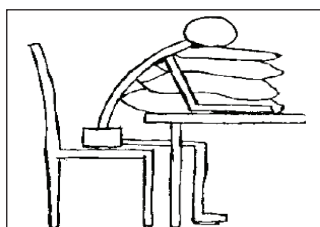
If you have any questions or concerns regarding this information, please discuss these with either your BSS physiotherapist or occupational therapist during one of your home visits.

1. High side lying



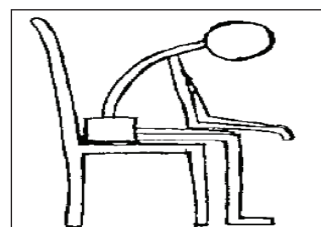
- Make sure your head and chest are supported
- Bend your top leg over
- Put your lower arm under the pillows.

2. Forward lean sitting



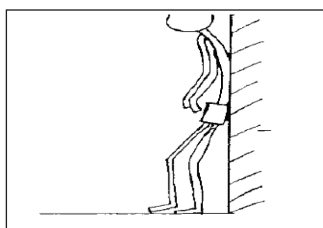
- Pile several pillows on a table
 - Relax your head on them
 - Relax your arms on the table
- Do not try this position if you have neck problems or are uncomfortable with things near your face.**

3. Relaxed sitting position



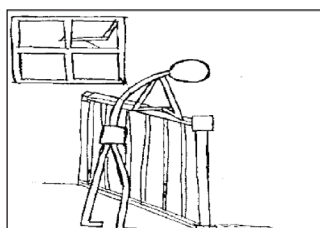
- Sit on a chair
- Rest your elbows on your thighs
- Relax your hands and wrists.

4. Relaxed standing



- Lean against a wall
- Relax your shoulders, arms and neck.

5. Forward lean standing



- Lean against a banister, fence or wall but keep a comfortable distance.
- Relax your hands, wrists and neck.

Acknowledgement

This document has been reproduced and adapted from the patient information leaflets used at Addenbrooke's Hospital as part of their Breathlessness Intervention Service with the permission of Dr Sara Booth, MD, FRCP (Macmillan Consultant in Palliative Medicine, Clinical Director Palliative Care and Associate Lecturer, University of Cambridge).