



Health education number:CM-109

Set date:2016.07.21

Review date:2020.04.07

Revised date:2023.09.23

Pursed Lip Breathing guide

Pursed Lip Breathing is a breathing exercise that can be performed at any time in daily life. It should be practiced regularly to help the gas to enter and exit the airway smoothly, increase lung function, and relieve discomfort when shortness of breath.

1.What is Pursed Lip Breathing ?

Pursed Lip Breathing is using “circular lip breathing" to exhale slowly, with benefits as follows :

Keeping constant pressure in the airway and preventing small airway collapse during exhalation.training of respiratory muscle power to increase gas exchange function and reduce anxiety with the assistance of relaxation skills Decreasing respiratory rate to relieve the dyspnea after daily activities, such as walking or toileting

2.Operating methods

(1)Choose a comfortable posture and relax your shoulders.

(2)May use oxygenation during the practice, which may reduce the working load of breath and make it comfortable.

(3)Sit straight, lean forward, with hands put on thighs (Figure 1) or the desktop during the practice (Figure 2).during inhalation, breathe through your nose (Figure 3), close your mouth to avoid drying, and count 1,2 in silence. during exhalation, purse your lips, spit out the air through the mouth slowly like blowing out the candles, and count 1,2,3,4 (Figure 4).in silence to keep the length of exhalation twice the inspiration. After several times of practice, you will feel easier and smoother.

(4)10 minutes for every practice, four times a day(morning, noon, afternoon, evening). Avoid practicing within an hour before and after meals to prevent choking and causing aspiration pneumonia

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All information above has been reviewed by Medical and nursing specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital



Figure 1 Hands-on thighs.



Figure 2 Hands-on desktop

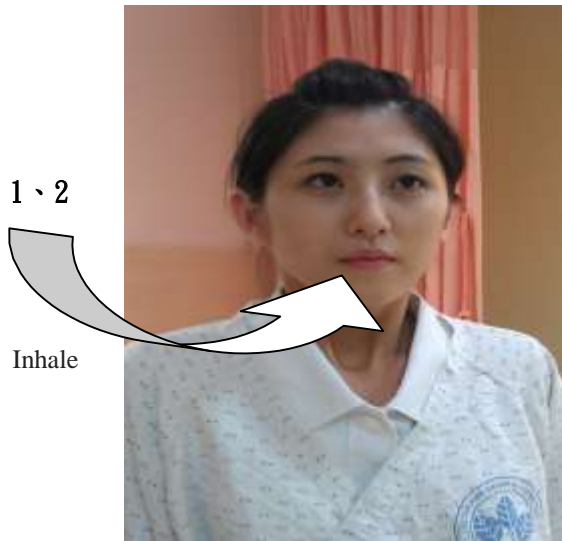


Figure 3 Inhale

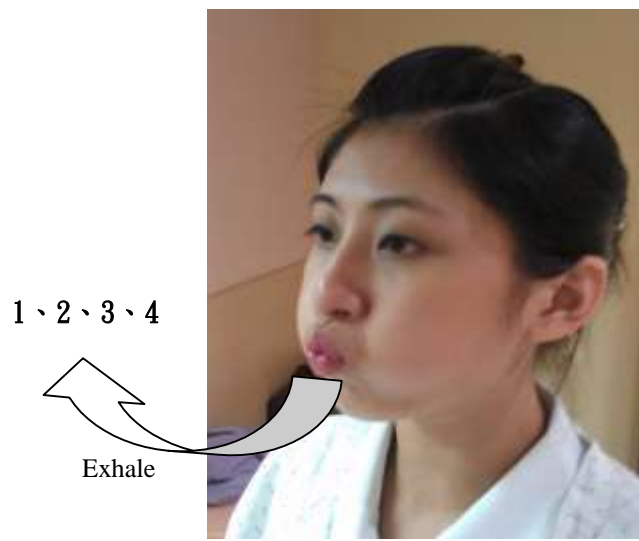


Figure 4 Exhale

3. Conclusion

Pursed Lip Breathing is a simple and easy-to-execute home exercise. Through daily practice, it can reduce the symptoms of dyspnea after exercise, thereby improving the quality of life.

4. Reference

臺灣胸腔暨重症加護醫學會(2019)・2019 台灣肺阻塞臨床照護指引，01-182。

臺灣胸腔暨重症加護醫學會(2019)・台灣肺復原實務指引，01-177。

Let us take the quiz to make sure you understand.

1. Pursed Lip Breathing is using "circular lip breathing" to exhale slowly.

Yes No Don't know

2. Avoid practicing within an hour before and after meals to prevent choking and causing aspiration pneumonia

Yes No Don't know

3. Pursed Lip Breathing is using in silence to keep the length of exhalation four times the inspiration.

Yes No Don't know

4. Pursed Lip Breathing can keep constant pressure in the airway and prevent small airway collapse

Yes No Don't know

5. Pursed Lip Breathing is a breathing exercise that can be performed at any time in daily life.

Yes No Don't know