



# HOW DO YOU BREATHE?

BY JR SPORTS THERAPY

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# ABOUT THIS EBOOK...

**In you downloading this Ebook it is either because ....**

- You are living in chronic pain, that is now starting to affect your day to day life.
- Other treatment approaches have failed you.

This Ebook is designed to provide you with an understanding into just a small part of what I do with each & every patient at JR Sports Therapy.

**How we breathe can influence how we think, feel, move & perceive pain.**

In order to breath correctly, you don't have to find that quiet space & put some meditation music on.

For me correct breathing is a non-negotiable that is a habit formed for every second, minute, hour of the day.



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# THE KEY BENEFITS TO BREATHING CORRECTLY

When we begin to breath correctly it provides the body with so many lasting benefits.

In breathing correctly we begin to ....

- **Reduce your stress levels**
- **Help in managing your chronic pain**
- **Reduce depression & anxiety**
- **Preserve vital energy**
- **Gain better quality sleep**





# HOW DO YOU BREATHE?

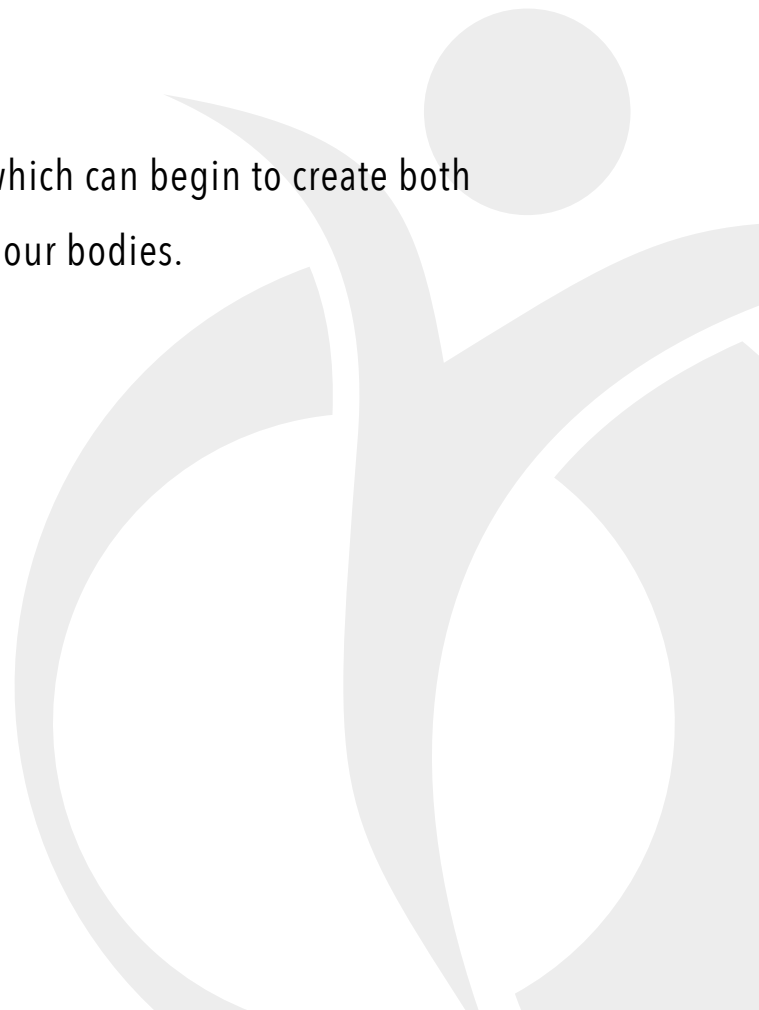
Whenever I ask this question to a patient, the first reaction many give me is a puzzled look.

"What has how I breathe got to do with my current injury?"

## **My response "ALOT"**

There are two main systems that determine how we breathe; The Fight or Flight & The Rest & Digest.

But too many of you live in the first one which can begin to create both mechanical & psychological errors within our bodies.





# HOW DO YOU BREATHE?

Chronic pain is a demon, it can even be likened to our chimp who controls our feelings and emotions.

## **And in doing so it can begin to:**

- Change the way you live due to the pain.
- You begin to avoid social circles, as it has become too painful to stand or sit.
- You have cancelled your gym membership as you are unable to do anything.
- You are now troubled by your weight as you haven't been able to move much because of the pain.
- The morning walk to meet friends for the morning paper has become too much due to the pain when you get home.



# THE FIGHT OR FLIGHT EFFECT

Your fight or flight system (sympathetic nervous system) is one half of the autonomic nervous system.

The sympathetic nervous systems main role is to prepare your body for a perceived threat. Or in other modern day circumstances when doing high intensity exercise, playing sport or delivering a presentation to a group of people for example.

## **So what happens to the body when you enter this response?**

- An influx of hormones to increase your awareness & heart rate
- Increase in extra blood to your muscles
- A rise in glucose to provide a quick hit of energy
- Restricts your gut movements

All too often many of you are constantly in fight or flight. But why?

- Work related / Home related stress
- Injury
- Depression & Anxiety
- Poor sleep
- Technology
- Social Media
- And the inability to relax!

Staying in this response for a long period of time can begin to have detrimental effects on how your body feels, moves & also to your mental health.



# THE REST & DIGEST EFFECT

Rest & Digest is the other half of the autonomic system being the Parasympathetic Nervous System.

And this is where all of us should be for 95% of our daily lives.

## **This particular part of our nervous system helps in:**

- Conserving our energy by slowing the heart rate down
- Improves our gut function (don't feel as bloated)
- Constricting your pupil dilation

By living & working within rest & digest you are providing your body the ability to move, think & feel without being in fear & constant pain.





# HOW SHOULD I BE BREATHING?

Understanding which response you are in can provide so much insight to your current or even chronic injury.

Have you ever taken note of how a baby breathes? Their stomachs expanding & contracting with every breath & so effortlessly.

This is how us as adults should also be breathing. Allowing the diaphragm & pelvic floor to lengthen & shorten through its appropriate pathways.

And in allowing our diaphragm & pelvic floor to move well, it provides the rest of the body with the ability to do the same.

Have you ever suffered with lower back pain & found yourself sitting bolt upright, taking shallow breathes?

Does being in that position have any positive effect on your pain? How does it make you feel; tired, fed up & worthless?

**If this is you now, take a moment to try the Nasal Breathing Exercise listed at the end of the book & see how effective breathing in the right way can alter your pain.**



# CAN BREATHING HELP MY CHRONIC PAIN?

## **YES IT CAN!**

By breathing in the correct way, this allows the parasympathetic nervous system to fully do its role EVEN when you are sleeping.

Being able to effectively breathe in the right way can help reduce your pain when an attack comes on or when fear or panic sets in.

It allows the body to work as a whole, instructing your muscles to lengthen & shorten as needed.

Breathing correctly & allowing your nervous system to relax is just the first stepping stone to helping your chronic or reoccurring back pain to be a thing of the past.

**Book your free 10 minute call with Jenny today, to see how JR Sports Therapy can you to become pain free.**



# NASAL BREATHING

*(If you have any underlying health conditions or respiratory issues then please consult your GP before doing this exercise)*

As like any new exercise, it takes time for the body to adjust & adapt. So don't be frustrated if you aren't able to sustain nasal breathing for a period of time.

It will eventually become the norm for you.

I always encourage patients to complete this exercise initially on waking, non stressful times throughout the day & when relaxing or going to sleep at night.

## **To begin .....**

- Ensure that you are relaxed & your heart rate is at its normal rate.
- Gently take a breath in through your nose
- And slowly breathe out through your nose
- Complete this for around 2 minutes

**As the day goes on 'check in' with yourself on how you are breathing**