

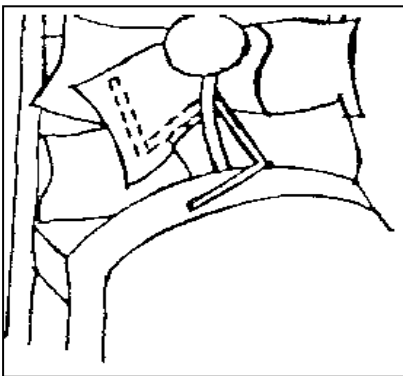
Breathlessness Intervention Service

Fact sheet four: Positions to ease breathlessness

The information given below is designed to help you manage your stable 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.

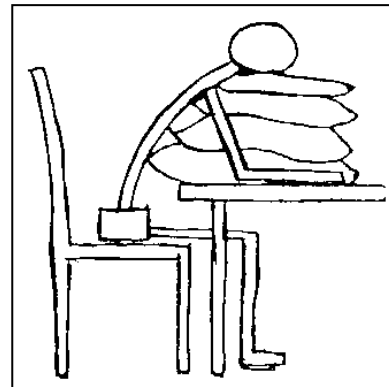
The positions shown below may help to ease your breathlessness or help you feel more comfortable. For more information about which positions may help you, please speak to your physiotherapist or doctor.

1. High Side Lying



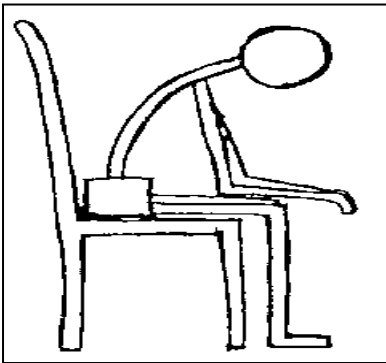
- Make sure your head and chest are supported
- Bend your top leg up
- Put your lower arm under the pillows

2. Forward lean sitting



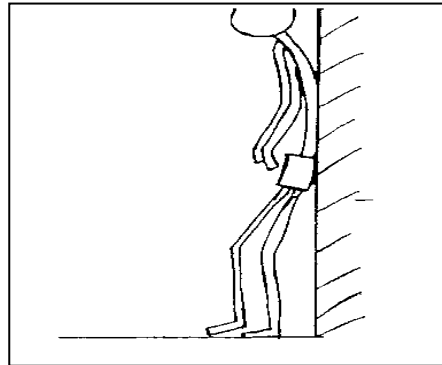
- Pile several pillows on a table
- Relax your head onto them
- Relax your arms on the table
- Do not try this position if you have neck problems or are uncomfortable with things near your face.

3. Relaxed sitting position



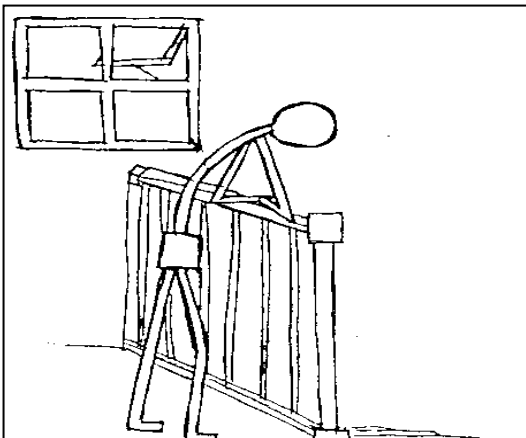
- Sit on a chair
- Rest your elbows on your thighs
- Relax your hands and wrists

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

For further help and advice contact the Palliative Care Team on 01223 274404, 0900 – 1700 Monday to Friday.

Please ask if you require this information in other languages, large print or audio format:
01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माळिती बीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभली शकाय जेवा माध्यम
(ओडीओ इमेज)मां जेठती छोय तो कृपा करीने पूछो.

Gujarati

تکایہ پرسیار بکے نہ گھر نہ وزانیاریہت دہوی بہ زمانیکی تر , بہ بیٹی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براۓ مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800
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Document History

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