

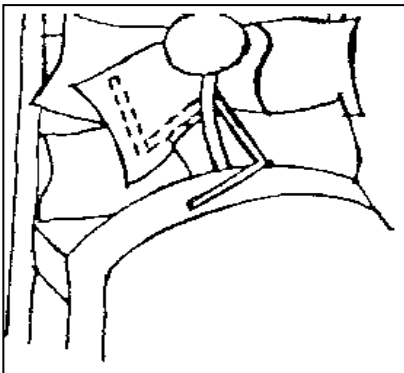
Breathlessness Intervention Service

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.

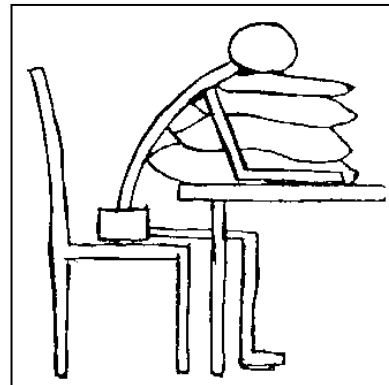
The positions shown below may help to ease your breathlessness or help you feel more comfortable. For more information about which positions may help you, please speak to your physiotherapist or doctor.

1. High Side Lying



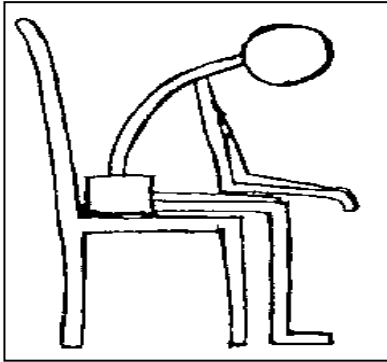
- Make sure your head and chest are supported
- Bend your top leg up
- Put your lower arm under the pillows

2. Forward lean sitting



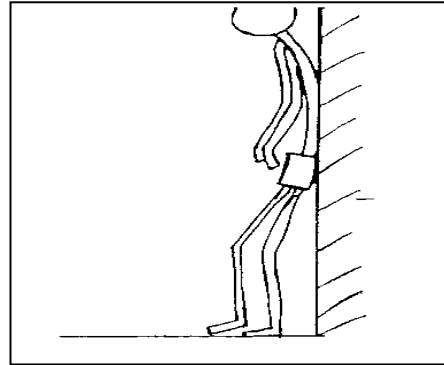
- Pile several pillows on a table
- Relax your head onto them
- Relax your arms on the table
- Do not try this position if you have neck problems or are uncomfortable with things near your face.

3. Relaxed sitting position



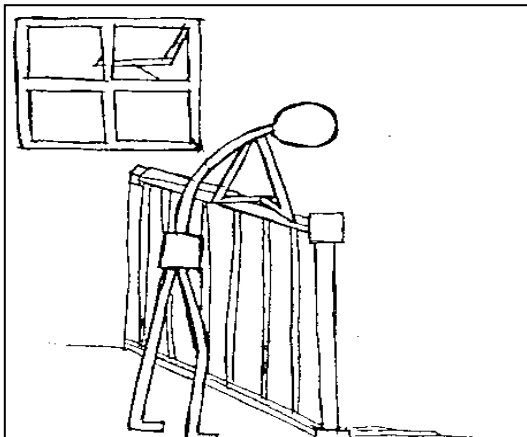
- Sit on a chair
- Rest your elbows on your thighs
- Relax your hands and wrists

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.



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

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

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

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Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Bengali

Document history			
Authors	Petrea Fagan, Clinical Specialist Physiotherapist		
Department	Oncology Box 193, Cambridge University Hospitals NHS Foundation Trust, Cambridge CB2 0QQ, www.addenbrookes.nhs.uk		
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