



BREATHE DEEP FOR A STRONG CORE: PART II

STRESS ALTERS BREATHING AND CORE STABILITY

Manage stress and improve breathing for an injury free spine!

Although breathing is regulated and coordinated by the nervous system, proper breathing is not automatic.

Physical, chemical, and emotional factors alter breathing, leading to an unhealthy breathing habit.

Stress also changes breathing, causing chest and fast breathing, both of which affect our ability to respond to a physical challenge like stair climbing or carrying a heavy load, or both!

The movement of the diaphragm during breathing is synchronized with its stabilization function.

Unmanaged stress and unhealthy

breathing patterns compromise the core's ability to stabilize the spine.

Research has revealed that **more than half of patients with low back pain have unhealthy breathing patterns.**

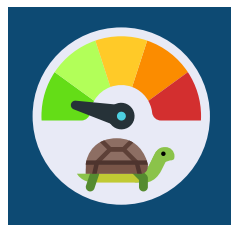
The spine is at risk for injury if there is both a loaded challenge to the low back combined with a breathing challenge - think shoveling snow, or carrying a load up stairs. Individuals with adequate core stability **and** healthy breathing habits can respond to these loads without risk of injury.

To avoid injuring your low back practice stress management, diaphragmatic breathing plus work on your core!

Tips For Managing Stress and Improving Breathing



Nose Breathing
Breathe in through the nose.



SLOW Breathing
Inhale for 4 seconds, exhale for 6.



Mindful Moments
Sit and breathe for 1-5 minutes.



Breathe and Notice
What do you hear? See? Feel?



Tense & Relax Muscles
Breathe in tighten, exhale, relax.