



### Sigh breath

Standing or sitting with good posture, take a deep breath in through your nose. You should concentrate on filling the lungs, and letting the stomach move outwards. As you release the air, breathe out through the mouth while making an audible sigh.

Sets: 21 Repetitions: 22 Time: 12

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### Heat to the chest (supine)

Place a heat pack or hot water bottle over the chest. Wrap it in a thin towel so its not too hot.

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### Finger/thumb abduction band

Wrap an elastic band around your fingers and thumb. Pull your fingers and thumb apart from each other, against the resistance of the band. This exercise will help strengthen your joints.

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