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PATIENT & CAREGIVER EDUCATION

# Lung Exercises: Open Chest Expands Lungs

This video from Donna Wilson, a registered respiratory therapist, shows how to do exercises to help make your breathing muscles stronger and more flexible.



Please visit [www.mskcc.org/pe/open\\_chest\\_expands\\_lungs](http://www.mskcc.org/pe/open_chest_expands_lungs) to watch this video.

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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