



PATIENT & CAREGIVER EDUCATION

Breathing Exercises

This video describes breathing exercises that can help stretch and strengthen your breathing muscles.



Please visit www.mskcc.org/pe/breathing-exercises-video to watch this video.

For written instructions for this video, visit *Breathing Exercises* (www.mskcc.org/pe/breathing-exercises)

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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