Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Lung Exercises: Healing Your Breath

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

Visit www.msk.org/pe/healing_breath to watch this video.

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.

Lung Exercises: Healing Your Breath - Last updated on December 13, 2024
All rights owned and reserved by Memorial Sloan Kettering Cancer Center