



PATIENT & CAREGIVER EDUCATION

Lung Exercises: How and Why We Breathe

This video from Donna Wilson, a registered respiratory therapist, will help you learn about the muscles you use to breathe.



Please visit www.mskcc.org/pe/how_why_breathe 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 to search our virtual library.

Lung Exercises: How and Why We Breathe - Last updated on October 12, 2020
All rights owned and reserved by Memorial Sloan Kettering Cancer Center