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Breathing Exercises for Cough

1. Breathing through pursed or rounded lips.
2. Concentrate on listening to the air going in and out of your lips.
3. It may be helpful to breathe in and out through a large straw or to blow against a finger held up to the lips.
4. When you feel a cough coming start using your pursed lips breathing straight away.
5. Use the pursed lips breathing in situations that you know cause you to cough.
6. As you learn to interrupt the cough it will happen less and less.