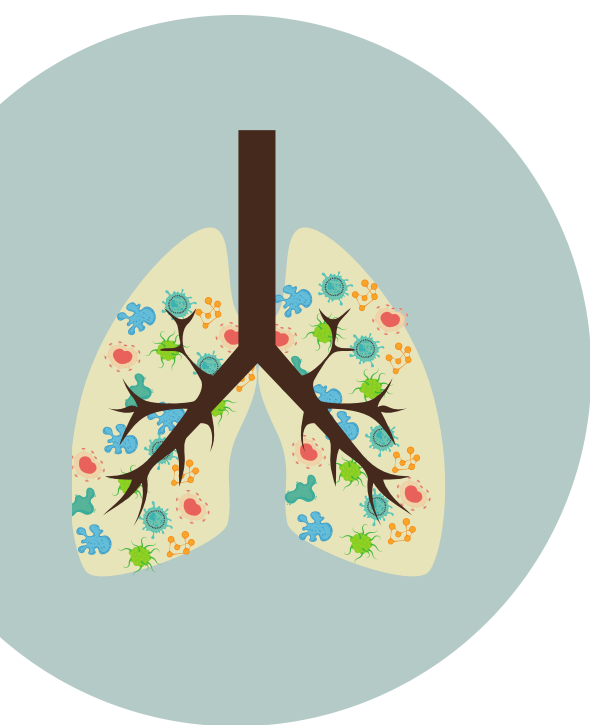


CO2 TOLERANCE TRAINING

Remedypt.com

Melanie Connell, Physical Therapist



2-3 SECOND BREATHS

Nasal breathing only
Inhale 2-3 seconds
Exhale 2-3 seconds
Repeat 3 times

TIME YOUR EXHALE

On the 4th breath cycle, take a big inhale through the nose then make your exhale long, slow and continuous through the nose. Time your exhale.



PARAMETERS

< 25 seconds
30-60 seconds *average
>60 seconds

BOX BREATH TRAINING

Inhale 5 seconds
Hold 5 seconds
Exhale 5 seconds
Hold 5 seconds

If less than 25 seconds start with 3 seconds of boxed breathing



REMEDY
PHYSICAL THERAPY