



SELF-REHABILITATION AFTER SEVERE COVID-19

# Positions to manage breathlessness

It is common to experience breathlessness after being in hospital. These positions can help to manage it.



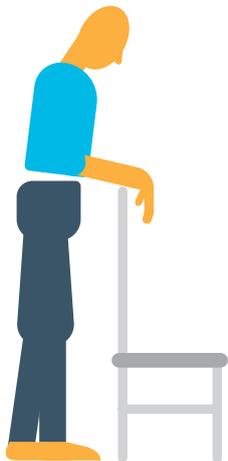
## Lying raised on one side

Lying on your side propped up by pillows, support your head and neck, with your knees slightly bent.



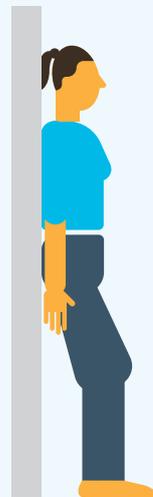
## Lying forwards sitting

Sitting at a table, lean forwards from the waist with your head and neck resting on the pillow, and your arms resting on the table. You can also try this without the pillows or without the chair, resting your arms on your lap.



## Standing and leaning forwards

While standing, lean forwards onto a windowsill or other stable surface.



## Standing with back support

Lean with your back against a wall and your hands by your side. Keep your feet about a foot away from the wall and slightly apart.

If you start to feel severely short of breath and it does not get better with these positions or techniques, contact your health-care professional.