



-
1

Practice deep breathing. Deep breathing helps to recover lost lung capacity. Begin either in a sitting or standing position. Place your hands on your waist and relax. Inhale as much air as possible. When you reach the maximum capacity of your lungs, hold your breath for 5 seconds. Exhale as much air as possible. Make sure that you exhale slowly and empty the lungs completely or as much as your health level permits.

- Repeat the procedure 10 times in each set. It is advisable to do 3-4 sets of deep breathing exercises throughout the day.



-
2

Do pursed-lip breathing. Perform Pursed-lip breathing will help you increase the oxygen intake of your lungs, while decreasing the amount of carbon dioxide. Start by relaxing your entire body. You can do this in a sitting or standing position. Inhale through your nose within a span of 3 seconds. Before you exhale, you need to purse your lips as if you are going to kiss somebody. Exhale through your pursed lips within a span of 6 seconds. Inhale and exhale slowly. Don't force the air to come in and out the lungs.

- Repeat the procedure. Pursed-lip breathing is done when the patient has shortness of breath. This breathing exercise should be repeated until shortness of breath is diminished.



wiki How to Strengthen Your Lungs After Having Pneumonia

-
3

Try breathing from your diaphragm. The diaphragm is the muscle that pushes and pulls air in and out of the lungs. Start by lying down on your back and bend your knees. Place one of your hands on your belly and another hand on your chest. Take a deep breath. Let your belly and lower rib cage rise while making sure that the upper chest cavity won't move. This is the challenge you need to overcome in diaphragm breathing. Inhaling should take about 3 seconds. Exhale for 6 seconds. You need to purse your lips as well to better control your breathing.[\[2\]](#)

- Repeat the whole procedure. At first, this exercise might be difficult for you. However, more practice and repetition of this exercise can train the diaphragm and will eventually increase your lung capacity. As time passes by, diaphragm breathing will become easier.



-
4

Practice huff-cough breathing. Doing huff-cough breathing will help eliminate bacteria and respiratory secretions by triggering the cough reflex. Sit down or elevate the head of the bed if you can't get up. Relax and prepare yourself. To do the huff-cough exercise^[3]:

- Step 1: Perform 3 to 5 deep breathing exercise. Combine your breathing with the pursed-lips and diaphragm breathing exercise. Push out air as if you are coughing. When you have done 3-5 cycles of deep breathing, open your mouth but do not exhale yet. You need to hold your breath, tighten your chest and abdomen.
- Step 2: Force air out from the lungs in a fast manner. If you have done this correctly, you will elicit the cough reflex and loosened secretions stuck within your respiratory tract. If phlegm comes out, spit it out and repeat the whole procedure.

Method 2

Making Lifestyle Changes



-
1

Drink lots of water. Drink 8 glasses of water if you are an adult. For children, the amount of water depends on body weight. Water helps mucus in the lungs to become more liquid. Water or fluids helps mucus to be brought out of the lungs and the nose and mouth more easily. This leads to better breathing.[\[4\]](#)



-
2

Exercise regularly. Regular exercise and physical fitness training help our pulmonary cope with disease. In most individuals who exercise at sea level, the lungs saturate arterial blood with oxygen more effectively than those who don't. This means, if there is breathing limitation due to exercising at high altitudes, or to having exacerbation of asthma or other types of chronic obstructive pulmonary disease, those who actively exercise may have extra ventilation that can be called on.[\[5\]](#)

- Walking, running, swimming, and cycling are all excellent ways to restore your lungs' strength. Before you exercise, begin by stretching and bending. Each exercise session should last about 20 to 30 minutes. Stop if you feel short of breath or have palpitations. [\[6\]](#)



-
3

Quit smoking. Smoking is known for being dangerous to health. It is even worse for you if your lungs have been stricken by pneumonia. One effect of nicotine is constriction of the terminal bronchioles of the lungs, which leads to airflow resistance into and out of the lungs. When you are already having trouble breathing, you certainly don't want your lungs to become even more constricted.^[7]

- Nicotine also paralyzes the cilia, or the hair-like projections found in the cells that line the airways. Cilia help remove excess fluids and particles--paralyzing them will stop them from helping you remove excess fluids in your airways caused by your pneumonia.
- Another effect of smoking is the irritation from the smoke itself which causes increased fluid secretion into airway passages.