

Recovery Positions

What are they?

They are positions in both sitting or standing that can help as you recover from your shortness of breath. Practice and use the breathing control strategy— **Help for Shortness of Breath** (S.O.S. for S.O.B.) with these positions.

In sitting:

- Relax your head and neck
- Rest your arms on your thighs with your palms up



In sitting:

- Rest your arms on a table or walker
- Relax your head and neck



In standing:

- Lean your back against a stable surface
- Relax your head and neck
- Relax your hands at your side

