Sequential Breathing

A:
Erroneous paradoxical breathing: abdomen in, chest out, cervical accessory respiratory overuse.

B:
Complete exhalation

C:
Inhalation by using the diaphragm only, protruding the abdomen and keeping the chest collapsed

D:
Synchronized chest and diaphragm conjugal movement. The chest and abdomen move in and out together.

Figure 20.15 Illustration by Barbara D. Cummings. Adapted from Simons DG, Travell JG, Simons LS: Myofascial pain and dysfunction, the trigger point manual, upper half of body. Baltimore, Williams & Wilkins, 1999.