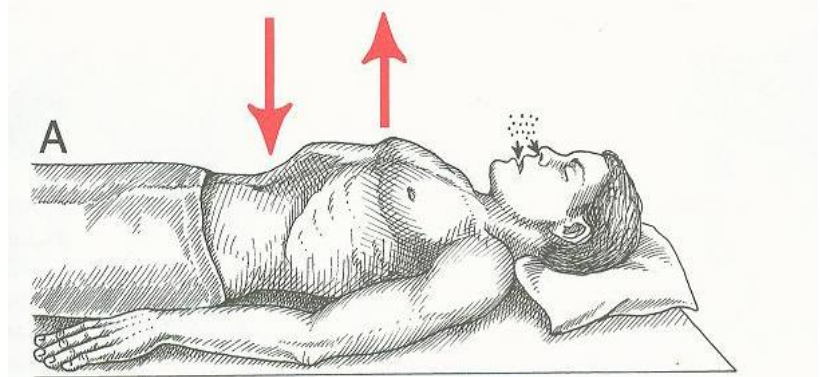
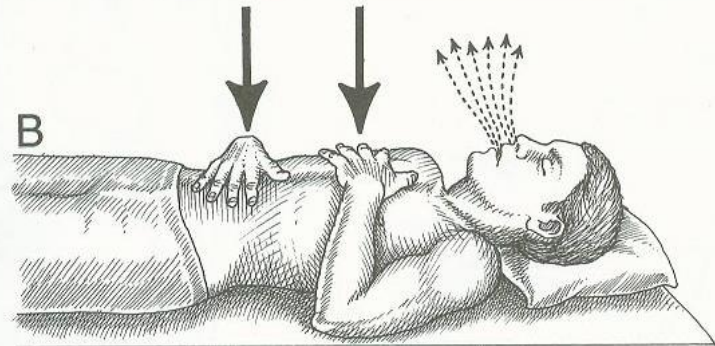


## Sequential Breathing

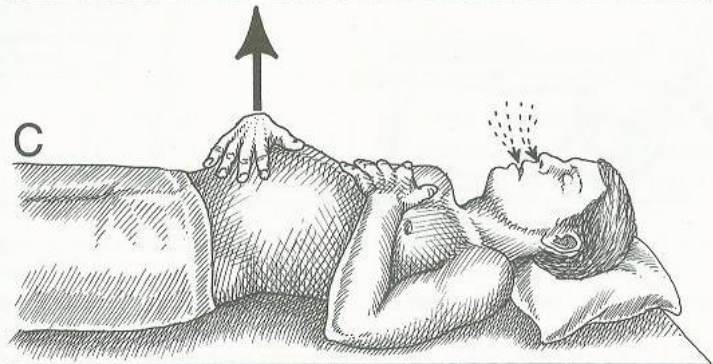
A:  
Erroneous paradoxical  
breathing: abdomen in,  
chest out, cervical  
accessory respiratory  
overuse.



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.

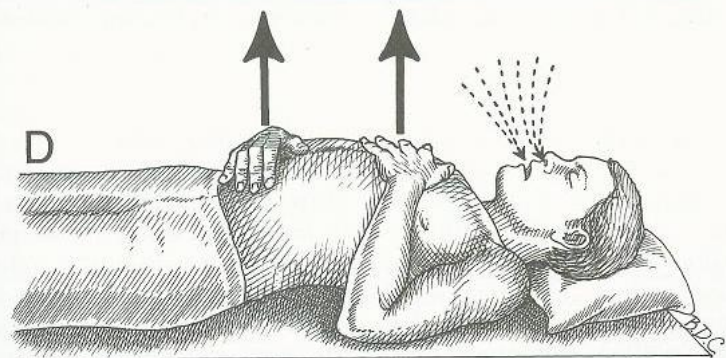


Figure 20.15 Illustration by Barbara D. Cummings. Adapted from Simons DG, Travell JG, Simons LS: *Myofascial pain and dysfunction, the trigger point manual, upper half of body.* Baltimore, Williams & Wilkins, 1999.