

Diaphragmatic Breathing

A key step in biofeedback therapy and pelvic floor treatment

Overview

Diaphragmatic breathing, also called “belly breathing,” is one of the most important skills patients can learn during biofeedback therapy. It may seem simple, but it plays a major role in helping the pelvic floor muscles relax, coordinate, and respond correctly. The diaphragm is a dome-shaped muscle under the lungs. When you breathe in, the diaphragm contracts and moves downward. This allows the belly and lower ribs to gently expand. At the same time, the pelvic floor naturally lengthens and relaxes. When you breathe out, the diaphragm moves back upward and the pelvic floor gently returns with it.

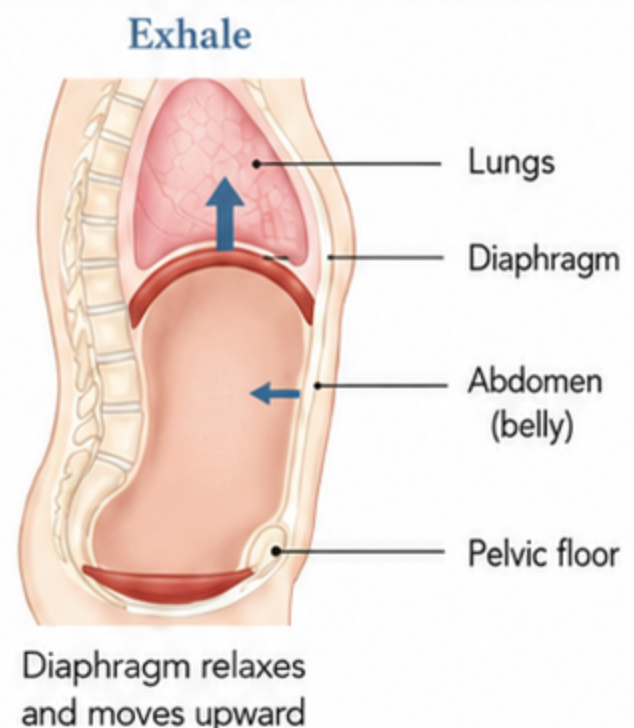
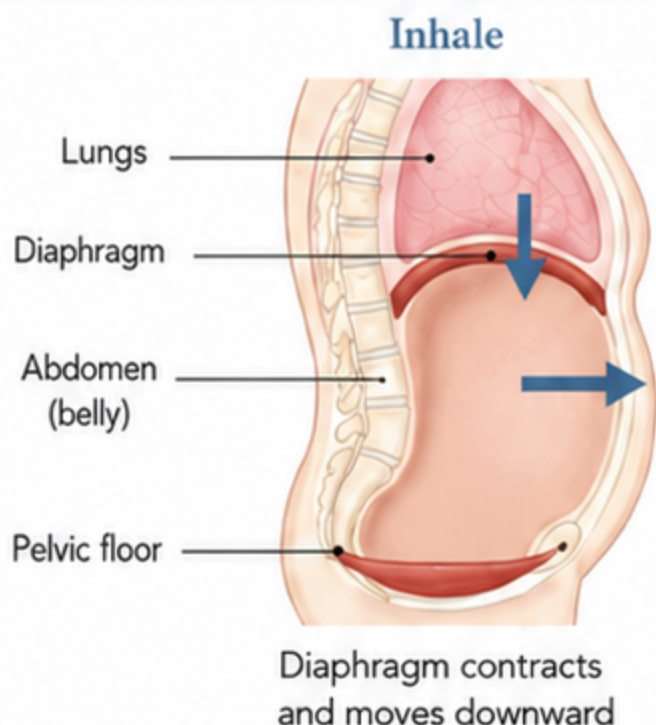
Why it matters in biofeedback therapy

- Helps the pelvic floor relax instead of tightening at the wrong time
- Improves awareness of pelvic floor muscle movement
- Reduces unnecessary straining
- Supports coordination during bowel retraining
- Builds confidence during therapy sessions
- The Bioanator device can support this retraining by helping patients connect breathing with pelvic floor activity

How to practice

- Sit or lie down comfortably with relaxed shoulders.
- Place one hand on your chest and one on your lower belly
- Inhale slowly through your nose so your belly and lower ribs rise.
- Exhale slowly and let the belly soften back down.
- Keep the chest, neck, and shoulders as relaxed as possible.
- Practice for a few minutes at a time, without forcing the breath.

How the diaphragm moves



Resource Links

1. Diaphragmatic breathing training (3 resources)



1

Cleveland Clinic — Diaphragmatic Breathing Exercises & Benefits

<https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>



2

American Lung Association — Breathing Exercises for Better Lung Health

<https://www.lung.org/lung-health-diseases/wellness/breathing-exercises>



3

Michigan Medicine — Slow Diaphragmatic Breathing (PDF)

<https://psych.med.umich.edu/anxiety-program/pdf/Slow-Diaphragmatic-Breathing.pdf>

2. Studies on diaphragmatic breathing and pelvic floor training (2 sources)



1

Park H, Han D. 2015 — The effect of the correlation between pelvic floor muscles and diaphragmatic motion during breathing

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4540829/>



2

Talasz H et al. 2022 — Breathing, (S)Training and the Pelvic Floor—A Basic Concept

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9222935/>

3. Videos from pelvic floor therapists (2 sources)



1

Michigan Medicine — Diaphragmatic Breathing Demonstration

<https://www.youtube.com/watch?v=UB3tSaiEbNY>



2

Pelvic Floor Exercises — Breathing and the Pelvic Floor

<https://www.youtube.com/watch?v=PJprXsSvdag>