

Nasal Muscle Exercises

Some published evidence suggests that exercising your nasal muscles can help improve breathing through your nose, and in some cases, can improve breathing to the point that you no longer need surgery.

If the nasal muscles aren't used during breathing, the sides of the nose can collapse inwards with breathing. When the muscles are used, they can help to keep the nasal airway open and provide relief of nasal obstruction.

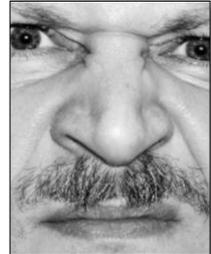
The exercise program is a two-step program. The first exercises are to improve control over the nasal muscles and help improve tone. They should be performed five to six times each day, for five to ten minutes. It helps to start by looking in a mirror. It takes some practice to get them right, but most people can with a bit of training.

Step 1

There are three exercises to start.
Here's what an example patient's nose looks like at rest:



The first exercise is to shorten your nose.
Try to wrinkle your nose without wrinkling your brow.
Here's what that looks like:
[You can also watch a video](#)



The second is to lengthen your nose.
Try to move your nostrils down without wrinkling your brows or moving your lips or chin.
Here's what that looks like:
[You can also watch a video](#)



The third is to dilate or flare your nostrils.
Here's what that looks like:
[You can also watch a video](#)



Step 2

After about a month, the second set of exercises should be started. This involves practicing widening the nostrils when breathing. This should be done in front of a mirror, and then whenever breathing through your nose feels restricted.

[Videos](#) of all of the exercises are available at on the St. Joseph's Health Care London website.