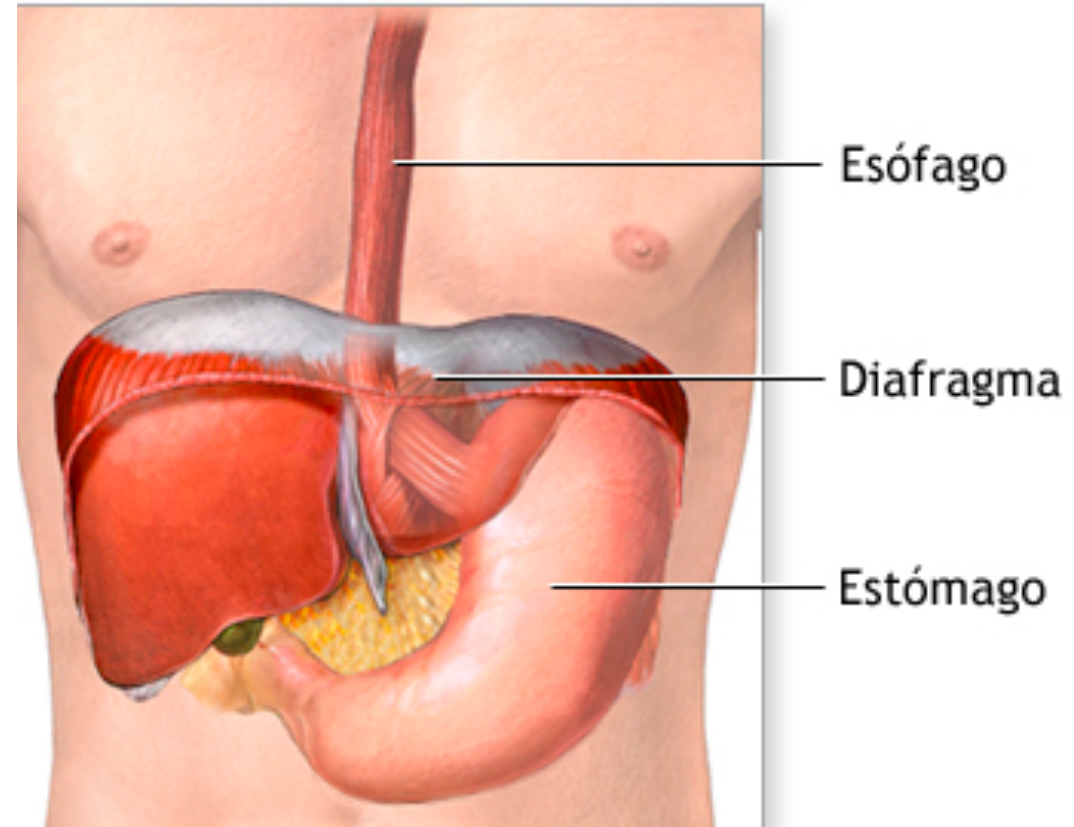
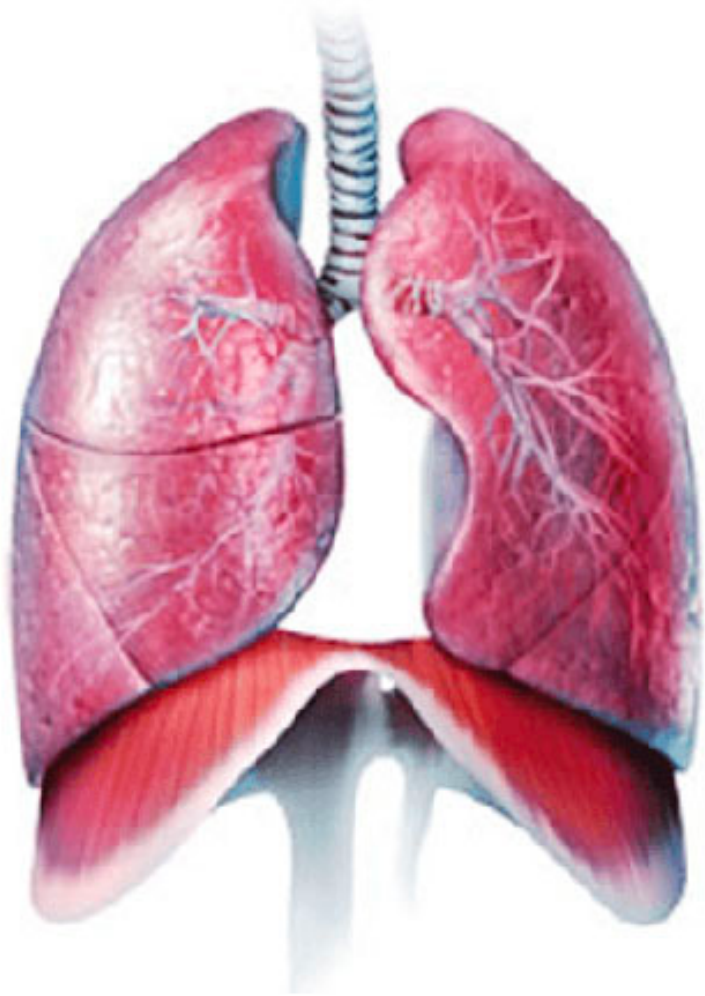


An anatomical illustration of the human ribcage and respiratory muscles. The ribcage is shown in a light tan color, and the muscles are depicted in a reddish-pink hue. The illustration is centered on the page. The word "Respiración" is written in a red, italicized font across the middle of the ribcage.

Respiración

Inmaculada Tercedor Sánchez, *Fisioterapeuta*

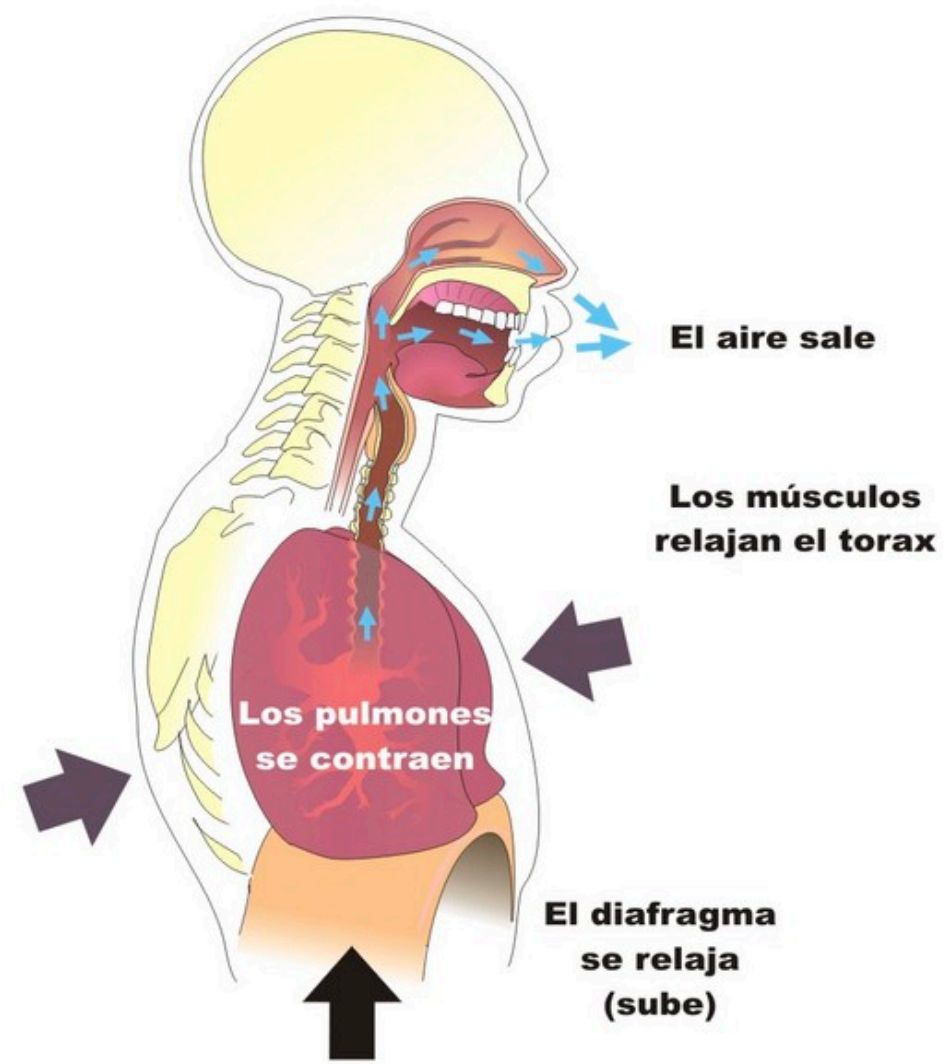
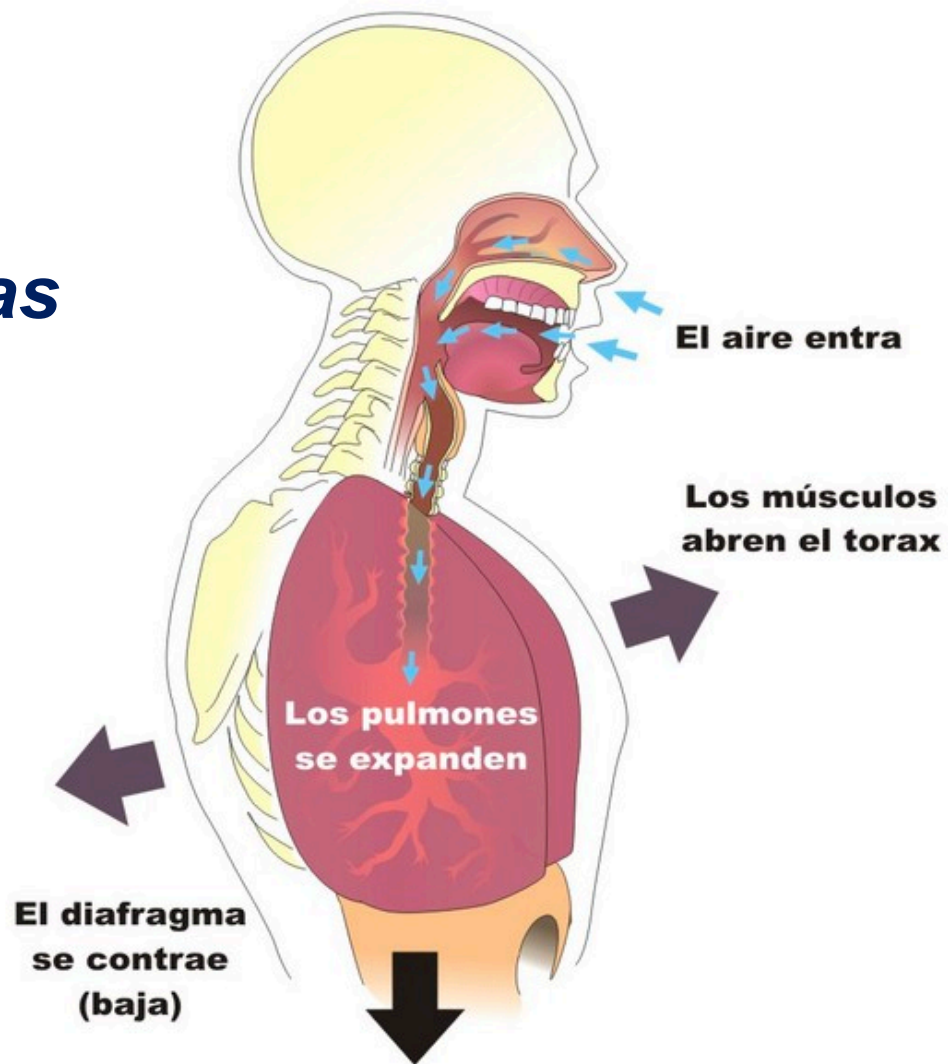
Relaciones del Diafragma



INSPIRACIÓN

ESPIRACIÓN

Fases Respiratorias

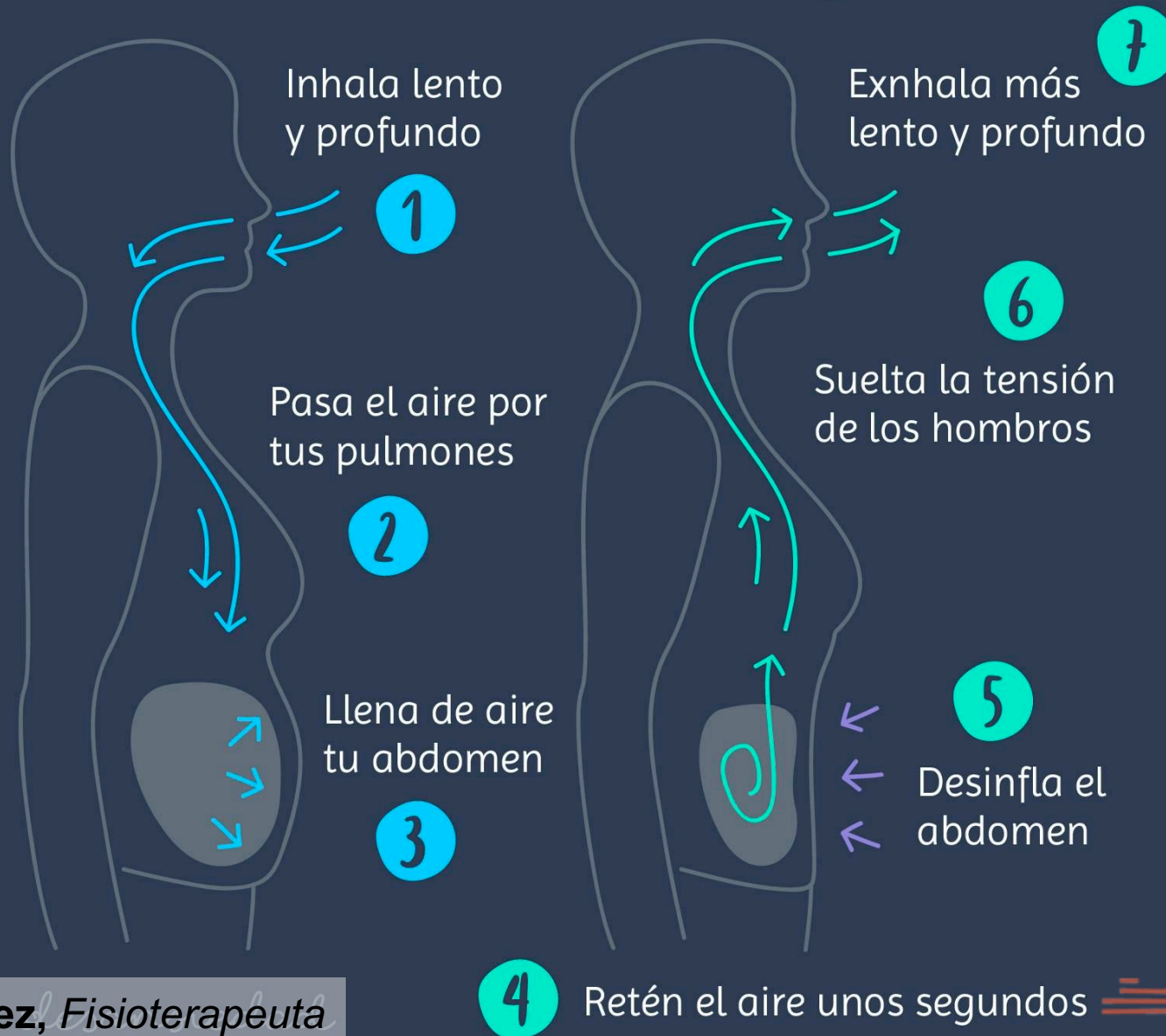


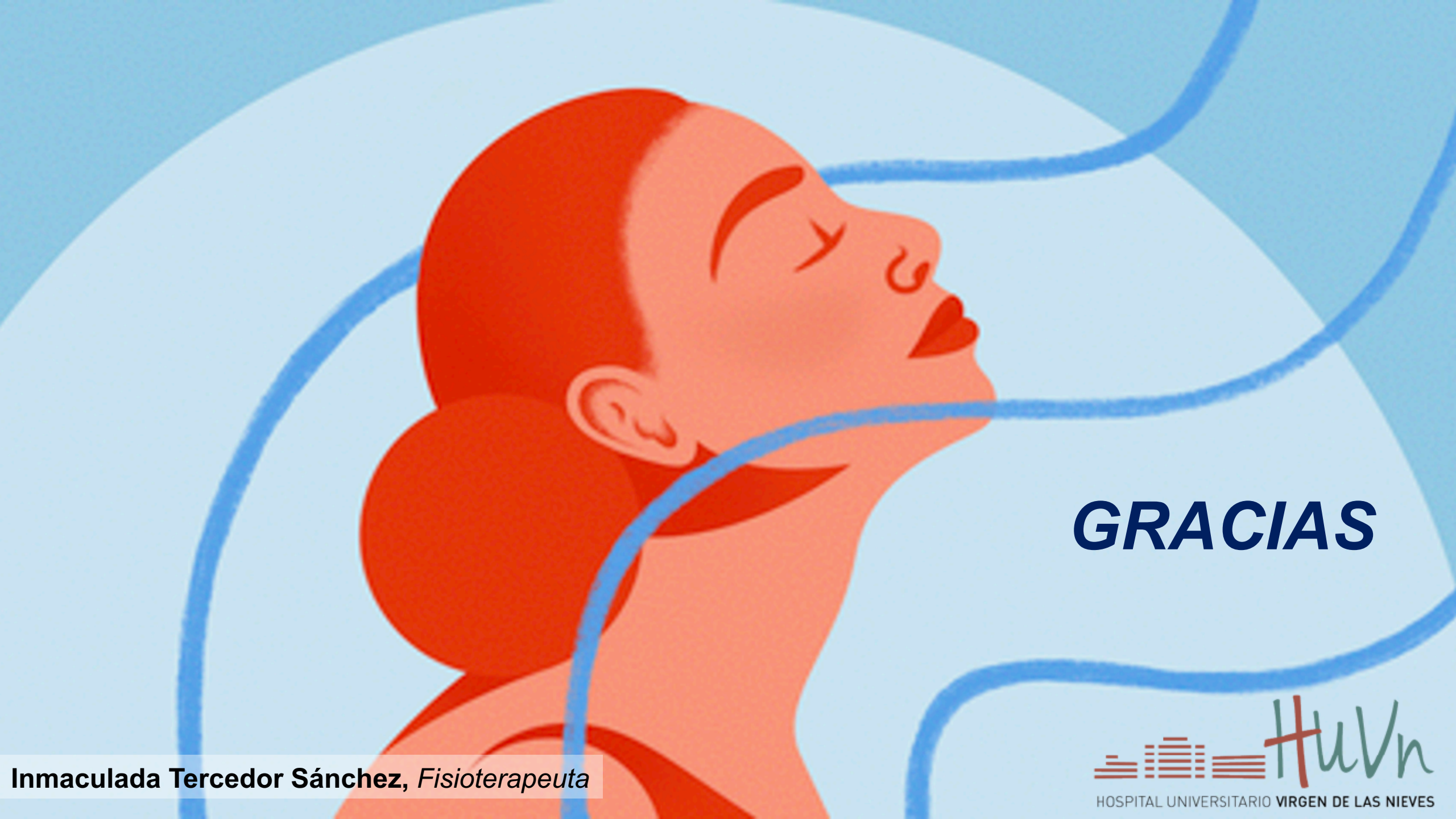
¿Cómo hacerlo?



Respiración diafragmática

¿Cómo hacerlo?





GRACIAS

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