Frido CARE

HOME GUIDE

NOSE & BREATHING · A FRIDO NUGGET FROM YOUR PHYSIOTHERAPIST

Does your mouth fall open before your legs get tired?

Your nose might be the weak link in your workout. It filters, warms and moistens every breath, and when it can't keep up you switch to your mouth. Here is why it happens, how to check, and what helps.

Name _____

Physiotherapist _____

Date _____ Next visit _____

Watch first

Scan to watch the 1:47 video that explains it.

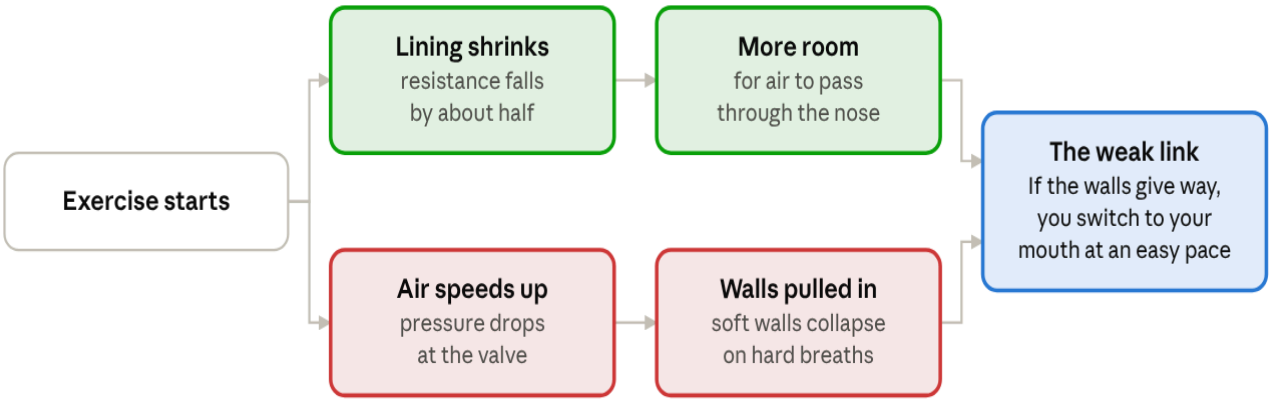
01 What happens to your nose when you exercise

When you exercise, the inside of your nose opens up a little. But the air rushes in faster, and that pulls the soft sides of your nose inward, just inside the nostrils.

If those sides give way, your nose can't keep up, and your mouth opens even at an easy pace.

Exercise opens the lining but pulls soft side walls in

What happens at the nasal valve as you speed up



Two things happen when you exercise. The soft side walls decide whether your nose keeps up.

Breathing through your mouth on very hard efforts is normal. It's needing your mouth when the effort is easy that tells you something.

02 What it costs you

1. Air that skips your nose's filter, warmth and moisture
2. Airways that can tighten more, especially if you have exercise asthma
3. Worse sleep and recovery

It won't slow your top speed, but it costs you everything around the workout. And it's common if you train: 7 in 10 athletes have nose trouble. If your nose also blocks at night, read Can't breathe through your nose at night?

03 Check yourself in two minutes

1. **The warm-up test.** Keep your mouth closed through an easy 5-minute warm-up. If you need your mouth at an easy pace, your nose is the weak link.
2. **The cheek pull.** Breathe in through your nose, then again while gently pulling one cheek outward. Easier with the pull? The soft sides of your nose are caving in.
3. **Score it.** From 0 to 10, how much did your nose bother you in training this week? 5 or more: act on it.

Do all three again after two weeks of your plan, and bring the scores to your next visit.

04 Find your type

IF YOU NOTICE...	IT'S LIKELY
Itching and sneezing, worse in pollen season	An allergy swelling the lining
A runny or blocked nose that starts with the session, the cold or the pool	The lining reacting to exercise, cold air or chlorine
It's worse each time a decongestant spray wears off	The spray itself keeping the lining swollen
One side always worse after an old knock	The shape inside your nose
Pulling your cheek outward helps	Soft side walls caving in

05 Quick fixes that backfire

- **A decongestant spray before every session.** After 5 days it makes the swelling come back worse.
- **Cold and flu tablets on race day.** Some contain a medicine that is banned in competition. Ask your doctor or pharmacist before you race.
- **Warming up too early.** The opening effect fades within 20 minutes of stopping.

06 What actually works: timing

Match the fix to the moment

One workout from left to right, then what sits around it

Before: warm up
at least 6 minutes,
finished close to the start

→

During: hold the walls
strip or internal dilator;
nose-breathe on easy parts

→

After: rinse
after the pool or
a pollen-heavy session

Every day, if the lining is the problem
saltwater rinse first, then an antihistamine or a steroid spray

Off-season, if the frame is the problem
surgery for a bent septum or collapsing side walls

When each fix works.

1. **Before:** warm up, finishing close to the start.

Watch a warm-up: scan with your phone camera

2. **During:** a nasal strip holds the soft sides open.

3. **Every day:** a saltwater rinse, and a spray if your doctor gives you one.

Watch how to rinse: scan with your phone camera

4. **Off-season:** if the shape inside your nose is the cause, a specialist may suggest surgery.

07 Where a Frido strip fits

A nasal strip works like a spring. It lifts the soft sides of your nose so they don't cave in on a hard breath. It helps most if the cheek pull made breathing easier.

RECOMMENDED

Frido Nasal Strip Pro

₹499 ~~₹1,000~~ · Sweat- and oil-resistant grip for training, pack of 15

Frido Nasal Strips ₹399

myfrido.com

The honest part: it holds your nose open while you wear it. It doesn't treat an allergy or a swollen lining, and it won't make you fitter or faster.

Putting it on

- Clean, dry skin, across the widest part of your nose.
- If you sweat a lot, put it on 30 minutes before the session.
- Use each strip once, and wet it before you peel it off.

08 Before each session

1. **Rinse with saltwater if you're stuffy.**

   Watch how to do it: scan with your phone camera

2. **Put on a strip** if the cheek pull helped.

3. **Warm up close to the start.**

4. **Keep your mouth closed on the easy parts.** In over 2 steps, out over 4.

   Watch how: scan with your phone camera

Don't use a decongestant spray for more than 5 days, and check cold tablets with a pharmacist before a race.

Your 14-day tick sheet

Tick each day you did it. Bring this to your next visit.

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Saltwater rinse if stuffy														
Strip on before training														
Warm-up close to the start														
Easy parts with mouth closed														
Breathe-along exercise														
Nose bother in training (0 to 10)														

09 Breathe along

A few minutes of calm nose breathing a day helps your nose and your breathing work together. Pick an exercise and follow along.

AT REST **Breathing control**

Breathe in 2 s → **Breathe out** 3 s → **Pause** 1 s · repeat 10 times

Lie or sit back, one hand on your stomach. Breathe in gently through your nose and feel your stomach rise; breathe out through your nose, longer than the in-breath, and pause.

Source: Royal Berkshire NHS, 2025

THROUGH THE DAY **Short breath holds**

Breathe in 2 s → **Breathe out** 3 s → **Hold** 3 s · repeat 6 times

Breathe gently through your nose, then stop and hold for a count of 2 or 3. Only as long as it doesn't make you take a bigger breath afterwards.

Source: Royal Berkshire NHS, 2025

BEFORE A RUN **Easy-run rhythm**

Breathe in 2 s → **Breathe out** 4 s · repeat 8 times

The rhythm for nose breathing on easy runs and walks: in over 2 steps, out over 4. Practise it standing first, then take it on an easy run.

Source: UCLH respiratory physiotherapy

Stop if you feel dizzy or light-headed, and shorten a hold if it makes you gasp afterwards. Cough, wheeze or chest tightness with exercise needs a doctor, not a breathing exercise.

10 When to see a doctor

See a doctor straight away if you have a swelling inside your nose after a knock, or you think you've broken your nose (it needs setting within 7 days).

See a doctor or your physiotherapist if:

- you cough, wheeze or your chest feels tight when you exercise
- your score is still 5 or more after a week of your plan
- nothing has changed after 6 weeks

✎ Notes from your physiotherapist

This guide explains a common cause of nose trouble during exercise in general terms. It is not a diagnosis. Follow the advice of your physiotherapist or doctor. Frido's nasal strips hold the front of the nose open while you wear them; they don't treat allergies or a bent septum, and they won't make you fitter or faster.