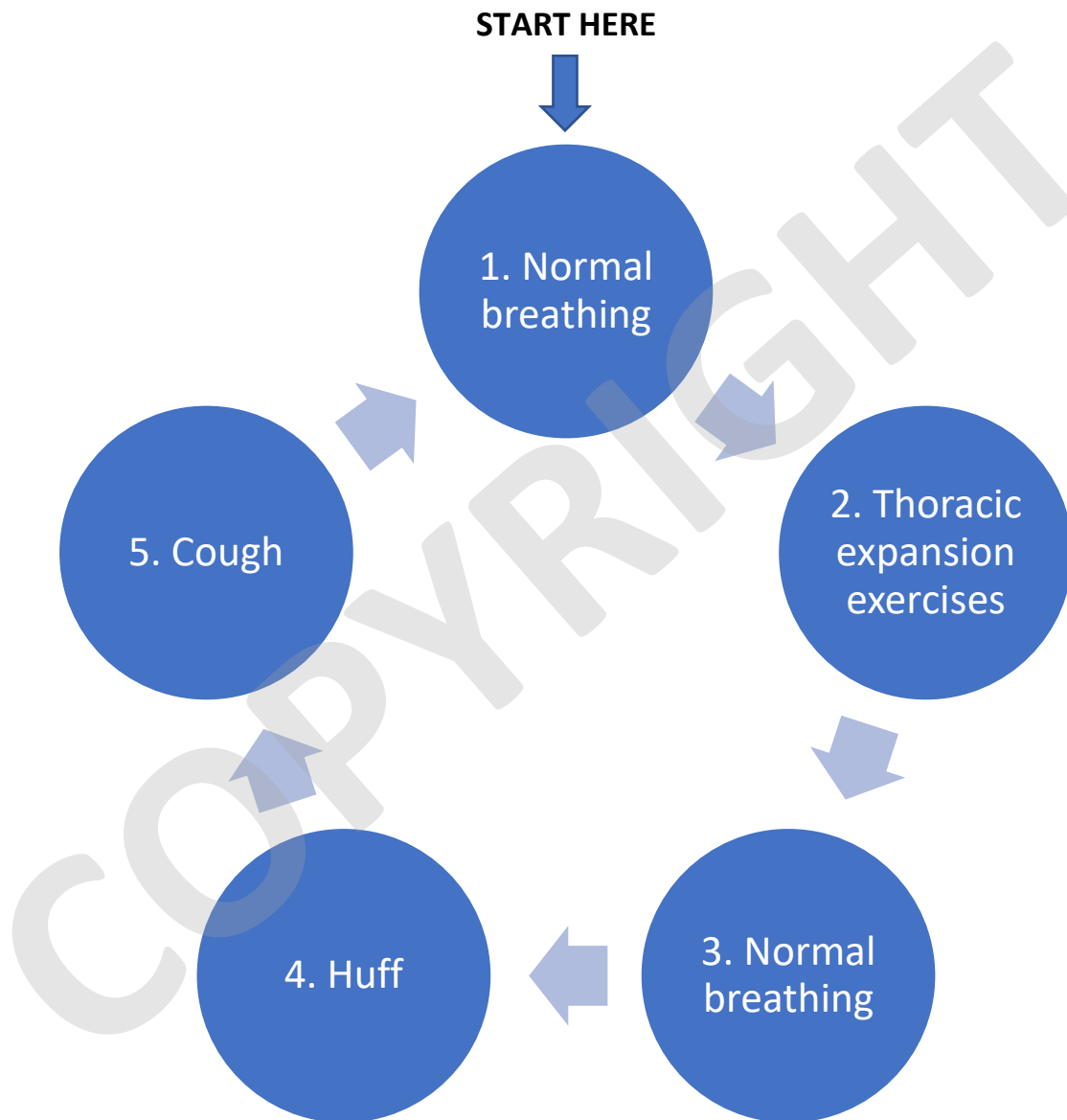




## Active Cycle of Breathing Technique (ACBT)



### 1. Normal Breathing

Sitting upright, breathe normally in and out through your nose, using your lower chest.

### 2. Thoracic expansion exercises

Take a large breath in through your nose as deep as you can



# AIR PHYSIOTHERAPY



Hold for 3 seconds

Then let it out through your mouth

Repeat 6 times

3. Perform **normal breathing** again

4. **Huff (Forced Expiration Technique)**

Imagine you are steaming up a mirror to give it a polish

Take a medium size breath in, force the breath out through an open mouth

5. **Cough** if needed to clear any secretion

6. Return to the start and repeat the cycle again

## Tips

- The amount of times you need to repeat the cycle will depend on the volume of secretions on your chest
- You should make sure you are taking your medications as prescribed to optimise the effectiveness of these exercises
- Ensure you stay adequately hydrated

***For your own personalised airway clearance regime please enquire with one of our specialists.***

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