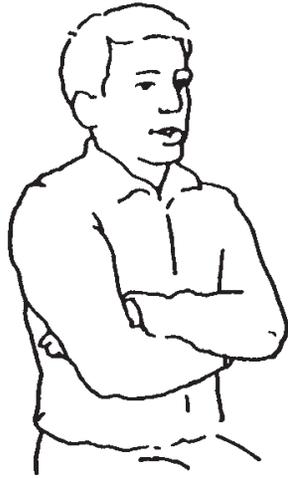


# Finishing the Treatment

After you have cleared all mucus, finish with some **Breathing Control** until you are fully relaxed.



The sequence of breathing techniques is the best way of clearing your chest. You will not find the treatment tiring if you pause long enough for relaxation using **Breathing Control** as described. Using these techniques, you can avoid repeated bouts of coughing.

## The Active Cycle of Breathing Technique

for clearing respiratory secretions (airway mucus)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Physical Therapist: \_\_\_\_\_

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# Breathing Technique

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## Breathing control

This is gentle, normal breathing using the lower chest while relaxing the upper chest and shoulders.

It is important to return to this pattern of breathing to give yourself a rest between the more active techniques.

## Deep Breathing (Thoracic Expansion)

The emphasis is on breathing in. Take a slow, deep breath in (may hold gently for 2–3 seconds if recommended by your physiotherapist). Breathing out is gentle and relaxed.

## Huffing with Breathing Control (The Forced Expiration Technique)

To huff, take a medium breath in (not a deep one) and then squeeze the air out using your stomach and chest muscles. (Think of misting a mirror or pair of glasses before you clean them.) The huff must be long enough to move mucus from the small airways that are deeper down, but not so long that you start to wheeze, strain or cough.

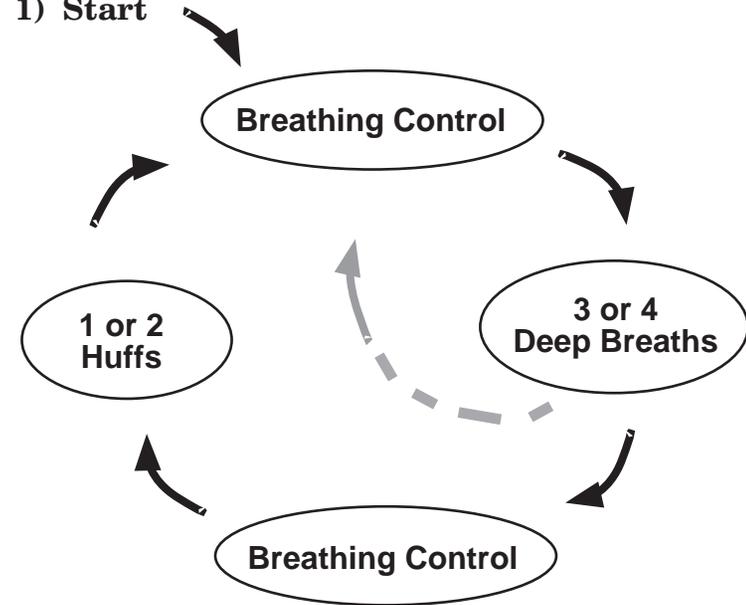
Follow each one or two huffs with a period of Breathing Control (15-30 seconds) to prevent the airways from tightening.

# The Breathing Sequence

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(The Active Cycle of Breathing Techniques)

1) **Start**



**Repeat the above sequence until mucus is ready to be cleared from the upper airways.**

- 2) To clear mucus from the upper airways, take a **deep** breath in followed by a short, sharp huff or cough.
- 3) Repeat #1 and #2 until you have cleared as much mucus as possible. **Stop** if you become tired or breathless.