

Note: this booklet is a guide. As you practise, you will find a sequence that suits you best. If you have any questions or concerns, please discuss with a physiotherapist.

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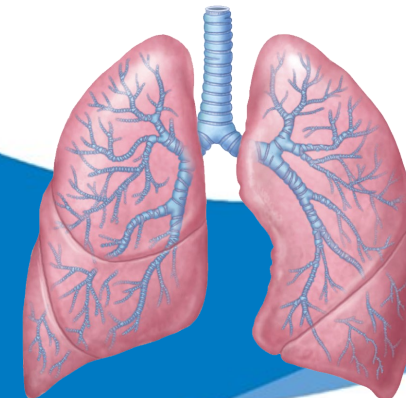
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Active Cycle of Breathing

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Na żądanie ta ulotka może zostać udostępniona
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The Active Cycle of Breathing Technique

This technique can help with deep breathing and clearing your chest of sputum (phlegm).

It is common to have secretions in your lungs after surgery and lying flat for some time, which can be difficult to clear.

If you have any questions or concerns before you begin, please ask to speak with a physiotherapist on the ward.

Step 1 - Preparation

Sit comfortably in an upright position (bed or chair) with your hands resting on your thighs as your shoulders relax.

Step 2 - Breathing Control

Breathe gently, in through your nose and out through your mouth.

Breathe out with pursed lips, as if through a straw.

Close your eyes if this is helpful, try to let go of any tension.

Step 3 - Deep Breathing

Take 3-5 long, slow, deep breaths in through your nose and out through your mouth.

Keep your chest and shoulders relaxed.

Try holding your breath for 2-3 seconds at the end of each breath in - if beneficial, add this to your cycle.

Huffing

To huff, exhale through your mouth as if trying to steam up a window or glasses.

Use your tummy muscles to help.

Do not force it until you are coughing or wheezing.

Step 4 - Small-long huff

This moves sputum up from deep in your lungs.

Take a medium breath in, then huff out slowly and fully until your lungs feel empty.

Step 5 - Big-short huff

When sputum feels ready to come up, breathe in deeply, then huff out quickly. This should clear your sputum.

Step 6 - Cough

Only cough if you need to after huffing to clear your chest.

How often?

As regularly as needed to keep your chest clear.

For how long?

Approximately 10 minutes per session .

When?

If sputum has built up or it feels easiest to move it. Avoid straight after eating.

Please turn over for an example ACBT sequence