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Practice Number 0052205

Special interest in Pelvic Function

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Active Cycle of Breathing Technique (ACBT)

This breathing exercise helps you to get the air down to the bases of the lungs, fluff-up whatever gunk and secretions may be in the lungs, move it into the throat, before coughing to clear completely. This reduces the amount of coughing required to clear the lungs.

Starting position:

Sitting comfortably, spine straight (may or may not be supported), feet flat on floor

Exercise:

5-6 deep breathes (inflating 'into the tummy' not lifting shoulders)

May want to 'sniff' to fully inflate

Restful breathing (4-5 breaths)

Repeat 2-3 cycles

Take a $\frac{3}{4}$ breathe in, and 'huff' (blow out as though cleaning glasses)

NOW cough...

How many how often:

Repeat 2-3x

As and when needed

Recommended 1st thing in morning, and whenever chest tight, or wanting to cough