

ACTIVE CYCLE OF BREATHING

Active Cycle of Breathing Techniques (ACBT) is a combination of thoracic expansion exercises, breathing control, and forced expiration technique.

A physio treatment should take approximately 10-20 minutes. 1-3 treatments a day may be required.

Before you start:

- ☺ If prescribed, take DNase at least 1 -2 hours before physio.
- ☺ Make sure you have taken any 'blue' inhalers, known as bronchodilators, (e.g. salbutamol or bricanyl) at least 10 minutes before physio.

ACTIVE CYCLE OF BREATHING

- Relax your shoulders and put a hand over your lower ribs and tummy to monitor your breaths.
- Start with a breath out.
- Take 4 long, slow, relaxed deep breaths with a **pause** at the end of the breath in, **keep your mouth and throat open**.
- Relax for 4-5 resting or 'tummy' breaths.
- Repeat this routine.
- Follow with 1-2 long gentle huffs: - Medium sized breath and an active breath out, **imagine steaming up a mirror**.
- Listen for 'crackles' when you huff - if you hear crackles there are secretions that need to be cleared.
- Now try a stronger huff or a cough; try to spit out any secretions into a tissue or pot.
- Continue to repeat these cycles for 10-15 minutes or until your chest is clear

More cycles will be necessary if secretions are still coming up

As you become more familiar with ACBT you can use it in any position . It is possible to use ACBT in conjunction with the Flutter®, the Cornet® or Acapella®. Please discuss this with your physio.

After physio:-

- ☺ If prescribed, take nebulised colomycin/promixin now.
- ☺ Make sure you have taken all other prescribed inhalers after physio.

Patting your chest is optional and may be done largely yourself. If you are unwell or think you may have a chest infection, it is best to **add another** physio session or **increase the length** of physio sessions **or both!**

Please contact us if you want to talk things through.

If you are unwell please contact us so we can take a sputum sample or cough swab.