

TECHNIQUE OF ACTIVE CYCLE BREATHING

Active Cycle of Breathing Technique (ACBT) is an effective method in the clearance of secretions and improving lung function. ACBT is a flexible exercise that can be adapted for any patient that has an issue of excess chest secretions and can be used with and without assistance. This can help reduce the amount of chest infections and decrease your work of breathing, enabling you to breathe more freely during activity.

ACBT consists of 3 sections; Breathing Control, Thoracic Expansion Exercises, and Forced Expiratory Technique.

Part 1 - Breathing Control (relaxed breathing)

This is the resting period between the more active parts of the exercise

- Relax your upper chest and shoulders
- Try and use your lower chest when you breathe. Imagine pushing out the lower part of your ribs as you breathe in (as shown by your therapist)
- This should be “quiet” breathing
- Breathe in and out at a comfortable pace
- Continue until your breathing feels controlled

Part 2 - Thoracic Expansion Exercises (deep breathing)

Deep breathing helps to loosen the secretions and re-expand lung tissue

- Take a long, slow deep breath in and hold for a second
- When breathing out, relax and let the air flow out in its own time
- Repeat _____ times
- Adding a 3 second hold at the end of your breath in can help keep your lung tissue open

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Part 3- Forced Expiratory Technique (huffing)

This activity aims to move the secretions through an open throat and mouth. The action is similar to that of steaming up a mirror. There are 2 different types of Huff used to clear your secretions.

High volume Huff - will move secretions that are high up in your larger airways:

- Take a deep breath in, open your mouth wide, and huff the air out quickly

Medium volume Huff - will move secretions that are lower down in the airways:

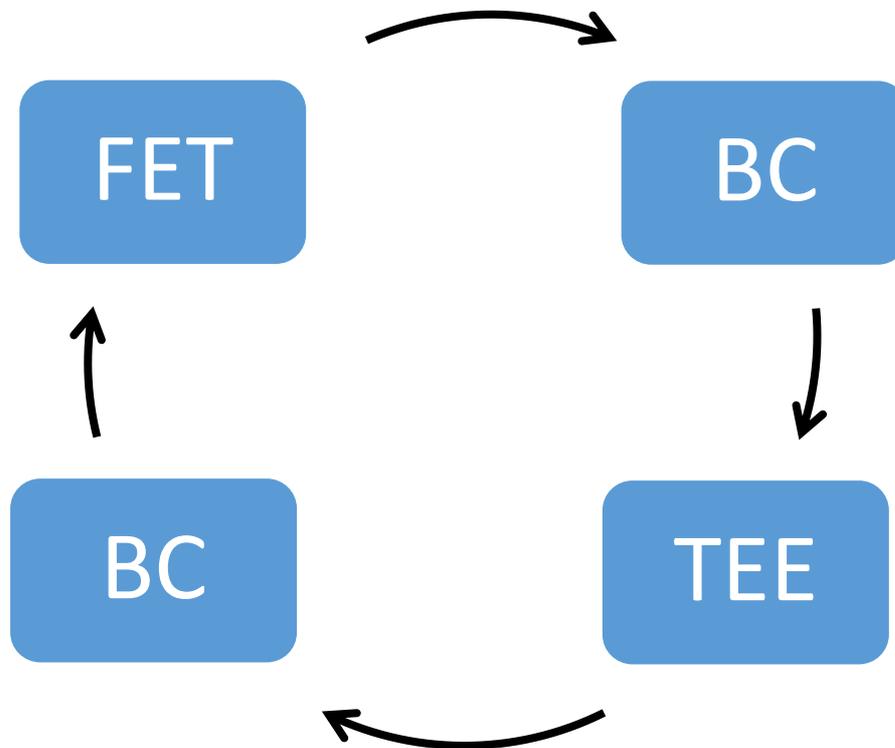
- Take a normal breath in, open your mouth wide and do a longer huff until you feel your lungs are nearly empty

You may need to cough after huffing but try to avoid excess coughing as you may become wheezy and breathless.



Please repeat your cycle _____ times a day.

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FET: Forced Expiratory Technique

BC: Breathing Control

TEE: Thoracic Expansion Exercise

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