

Active Cycle of Breathing Technique

Medications prior to this technique: _____

Position(s): _____

ACBT Steps:

1. Relax and take some quiet breaths, as instructed, until you feel ready to begin
2. Take a slow, deep breath into your lower chest as instructed (keeping your shoulders and neck relaxed)
3. When your lungs feel full of air, hold your breath for _____ seconds
4. Relax and let the air out of your lungs (either through your mouth or your nose)
5. Take _____ more deep breaths (as in Step 2)
6. Relax and breathe quietly until you feel ready to continue
7. If prescribed, repeat steps 2, 3 and 4
8. Huff _____ times (with / without the tube in your mouth)
9. Breathe quietly
10. Cough (if your cough is dry, do not keep coughing)

Repeat the cycle above if you feel that there are more secretions in your lungs.

An irritable cough can usually be settled by a drink or sucking on a lozenge.

Repeat this cycle _____ times per day.

If you have a chest infection, it is advisable to use this technique more frequently.