

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 slow 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) as instructed
9. Breathe quietly
10. Cough (do not keep coughing if your cough is dry)

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

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

Repeat this cycle _____ times per day.

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