ACBT – Active Cycle of Breathing Technique

Start Here!

___ Deep Breaths
Hold each breath for 3 seconds

___ Relaxed Breaths

___ Coughs

___ Huffs

___ Relaxed Breaths

___ Deep Breaths
Hold each breath for 3 seconds

___ Relaxed Breaths

Repeat ___ times
Every ½ 1 2 hour
(circle whichever one applies)

- Left side lying
- Right side lying
- Sitting Upright

Created by Physiotherapy Department at Liverpool Hospital.
Updated February 2010.