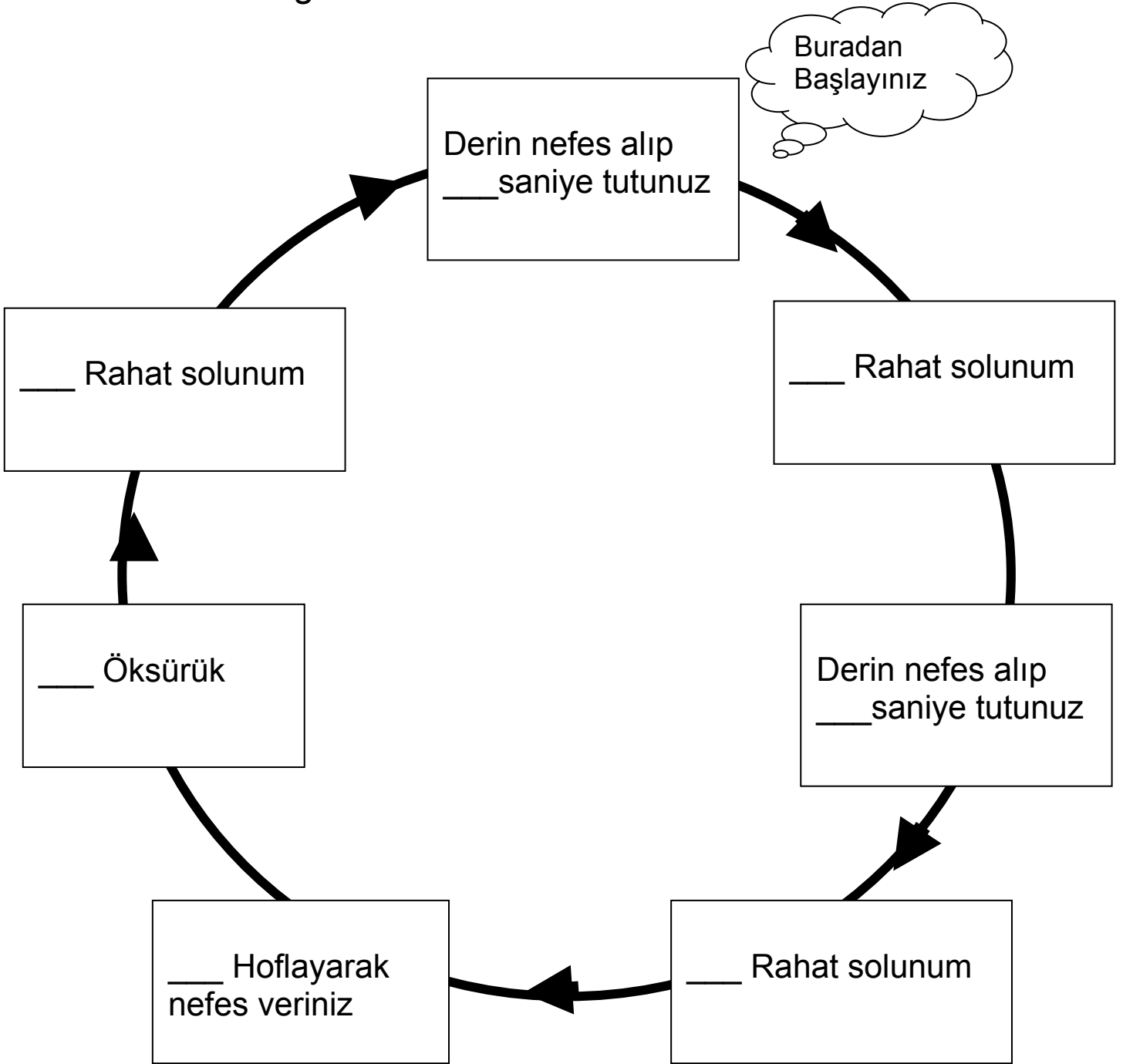


# ACBT – Active Cycle of Breathing Technique

## Solunum Tekniğinin Aktif Devresi



**Her saatte \_\_\_ kere  
tekrarlayınız**

- Sol tarafa yatarak
- Sağ tarafa yatarak
- Dik oturarak