

Medications prior to PEP: \_\_\_\_\_

Resistor size:      1.5          2.0          2.5          3.0          3.5          4.0

***Breathing technique:***

Sit with good posture with the neck and shoulders relaxed

With hands resting on a table, lower your head into the mask

Breathe in slowly and a little more than normal

Breathe into the mask, with some pressure, as instructed

Repeat for \_\_\_\_\_ breaths

*This is one cycle.*

*Breathe quietly before commencing another cycle.*

***Prescription:***

Repeat the cycle \_\_\_\_\_ times

Huff \_\_\_\_\_ times after \_\_\_\_\_ cycles / at the end of the session

Perform all of the prescribed cycles and huffs \_\_\_\_\_ times per day

If your symptoms deteriorate increase to \_\_\_\_\_ sessions per day

*At the end of every session wash the device as per the manufacturers' instructions and store it in a clean container.*

Notes: \_\_\_\_\_

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