

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: _____