Mouthpiece Oscillating PEP

Medications prior to PEP:________________________________________________________

Position(s):____________________________________________________________________

Breathing Technique:

Sit with good posture, with the neck and shoulders relaxed, with the elbows resting on a table
Breathe in slowly and a little more than normal
Hold the breath for_______seconds
Blow into the mouthpiece, with some pressure, keeping the cheeks stiff, as instructed
Adjust the tilt of the device to maximise the vibrations in the chest
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, as instructed
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:__________________________________________________________________________