

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: _____