

## 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: \_\_\_\_\_