Medications prior to this technique:___________________________________________________

Position(s):_________________________________________________________________________

**ACBT Steps:**

1. Relax and take some quiet breaths, as instructed, until you feel ready to begin

2. Take a slow, deep breath into your lower chest as instructed (relaxing your neck and shoulders)

3. When your lungs feel full of air, hold your breath for______________ seconds

4. Relax and let the air out of your lungs (either through your mouth or your nose)

5. Take _________ more deep breaths (as in Step 2)

6. Relax and breathe quietly until you feel ready to continue

7. If prescribed, repeat steps 2, 3 and 4

8. Huff ________________ times (with / without the tube in your mouth), as instructed

9. Breathe quietly

10. Cough (do not keep coughing if your cough is dry)

   An irritable cough can usually be settled by a drink or sucking on a lozenge.

   Repeat the cycle above if you feel that there are more secretions in your lungs.

   Repeat this cycle______________ times per day.

   If you have a chest infection, it is usually advisable to use this technique more frequently.