

## Active Cycle of Breathing Technique (ACBT) 清痰呼吸技巧

姿势: 坐直 (seated upright)

慢慢吸一口气, 屏气呼吸3秒, 然后缓慢呼气。

重复\_\_\_\_\_次

Slow breath in, hold for 3 seconds, and breathe out slowly. Repeat \_\_\_\_ times

放松呼吸\_\_\_\_\_次

Relaxed breathing \_\_\_\_ times

慢慢吸一口气, 屏气呼吸3秒, 然后缓慢呼气。

重复\_\_\_\_\_次

Slow deep breath in, hold for 3 seconds, and breathe out slowly. Repeat \_\_\_\_ times

放松呼吸\_\_\_\_\_次

Relaxed breathing \_\_\_\_ times

呵气\_\_\_\_\_次

Huff

如果有痰, 此时就可咳嗽清除。

Cough to clear

在一天内重复 \_\_\_\_\_ 次

Repeat \_\_\_\_ times in the day

只适合接受过物理治疗师指导人士使用

如有任何疑问, 请联络 \_\_\_\_\_

Translated by Bonnie Chuang, NZ Physiotherapist, courtesy of Counties Manukau Health, Auckland New Zealand.