

Active Cycle of Breathing Technique (ACBT)

□痰呼吸技巧運動

姿勢：坐直 (seated upright)

慢慢深吸一口氣，閉氣3秒，然後緩緩呼氣。

重複_____次

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

放鬆呼吸_____次

Relaxed breathing ____ times

慢慢吸一口氣，閉氣3秒，再緩慢呼氣。

重複_____次

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

放鬆呼吸_____次

Relaxed breathing ____ times

呵氣_____次

Huff

如果有痰，此時就可咳嗽口除。

Cough to clear

在一天內重複 _____ 次

Repeat ____ times in the day

只適合接受過物理治療師指導人士使用

如有任何疑問，請聯絡 _____

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