

Active Cycle of Breathing Technique **A Patients Guide**

What is it?

Active Cycle of Breathing Technique (ACBT) is a simple pattern of breathing exercises that can be useful to help clear your chest by loosening and moving sputum from your airways.

Why do we do it?

It is important to remove sputum /phlegm from your lungs to help you breathe more easily, prevent chest infections and reduce bouts of coughing. The exercises consist of breathing control, deep breathing and huffing performed in a cycle.

How do I begin?

Choose a comfortable position, or complete in the positions indicated by your Physiotherapist. Try to remain relaxed.

The Active Cycle of Breathing Technique



Breathing Control

- Breathing gently using as little effort as possible.
- Rest a hand on your stomach and relax your shoulders.
- Breathe in and out quietly and gently, through your nose if possible.
- It is important to do this in between the more active exercises of ACBT as it allows your airways to relax.

Deep Breathing

- Breathe in through your nose slowly and deeply, keeping your shoulders and chest relaxed.
- Hold the breath for 2-3 seconds.
- Breathe out gently through your mouth.
- Repeat this up to 5 times; follow the advice of your physiotherapist.

Huffing

- Breathe out (exhaling) through an open mouth and throat and not coughing.

If you have any concerns please call: Physiotherapy Department on 01603 286990
(Mon to Fri 8.30-4.30)