

Looking after the device

It is single person use, do not let anyone else use the device.
The device can be washed with warm mild soap solution and air dried.

How many times a day you should complete the exercise:

Your physiotherapist may recommend doing both or only one of the exercises, please ask them for details.

If you feel lightheaded or dizzy at any point immediately stop using the device and alert your physiotherapist.

If you are nauseated or being sick, please do not use your device until you inform your physiotherapist.

If you have any concerns, please ask your physiotherapist to go through this with you.

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Positive Expiratory Pressure (PEP) Device

Patient leaflet

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Sustained Maximal Inspiration (SMI)

This exercise can be really helpful to promote deep breathing. This helps the air distribute throughout the entire lung, it is often used for preventing infections by maximising sputum movement.

Setting up the device

- Place the white plug in the vertical stub.
- Ensure the arrow points to “inspiration” (blue scale).
- Ensure the tube is fitted to the horizontal stub.



Completing the activity

- Sit as upright as possible.
- Hold the device upright or place on a flat surface.
- Breathe in through the mouthpiece continuously and deeply as possible, so the ball floats for 3-5 seconds.
- Do not let the ball hit the top of the device.
- Hold your breath for a moment, then remove the mouthpiece and breathe out slowly.
- Breathe normally for a few seconds to rest in between deep breaths.
- Repeat 9 times.

Positive Expiratory Pressure (PEP)

This is breathing out against resistance. This can assist with the removal of secretions from the lungs by keeping your airways open during breathing out and moving secretions into your mouth.

Setting up the device

- Take the tube off the horizontal stub.
- Take the white plug out of the vertical stub.
- Connect the tube to the vertical stub.
- Place the white plug in the horizontal stub.
- Turn the arrow to point at “expiration” (yellow scale).



Completing the activity

- Sit as upright as possible.
- Hold the device upright or place on a flat surface.
- Breathe out through the mouthpiece letting the ball rise aiming for 5-7 seconds.
- Breathe in normally through the mouthpiece prior to the next breath out. If unable to manage with resistance, remove the mouthpiece from your mouth prior to breathing in or breathe in through nose.