

How many times a day:

If you have any concerns please ask your Physiotherapist to go through this with you. Continue to complete this if you are struggling with clearing your chest.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

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**Mersey and West Lancashire
Teaching Hospitals**
NHS Trust

Active Cycle of Breathing Technique (ACBT)

Patient information

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.

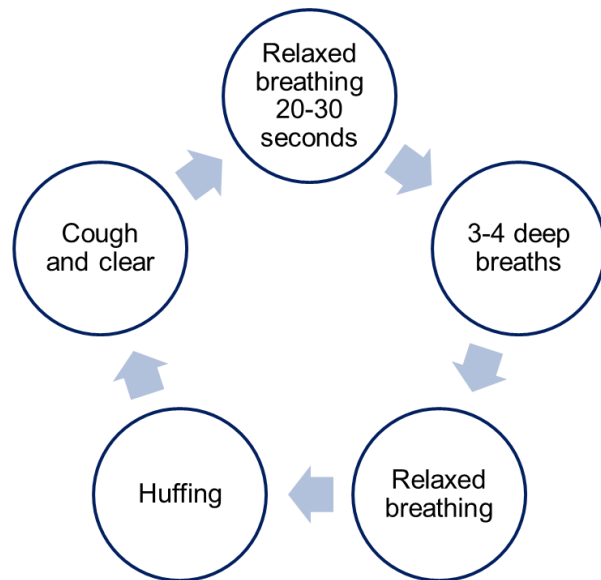
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Active Cycle of Breathing Technique

Why we do it

ACBT is a set of breathing exercises that helps to loosen and clear sputum from your air ways. It can be used to reduce post-operative complications within your lungs. It can also be used to promote independently managing chest clearance.

What ACBT includes



Technique

Position

To complete this it is better to be sat upright or in a comfortable position.

Relaxed Breathing

Place your hands over your stomach. Breathe in through your nose. Your shoulders should rise. Breathe out through your mouth. Your shoulders should fall. This is gentle breathing and should require little effort.

Deep Breathing

Slow/deep breaths in through your nose. Hold for 1-3 seconds. Breathe out through your mouth as a sigh. Keep shoulders and chest relaxed.

Huffing

Breathe in as instructed by your Physiotherapist. Breathe out in a forced/fast manner with your mouth open. N.B. As if steaming up a mirror/glasses to clean. Only complete 1-2 huffs. Stop if dizzy and inform your Physiotherapist.

Cough and Clear

Strong cough to clear the secretions. If you hear crackles when you huff repeat the cycle again. Try to spit out any secretions into a tissue or pot.