



CHEST PHYSICAL THERAPY (CPT)



POSTURAL POSITIONING

Uses percussion (clapping) and gravity (postural drainage/positioning) along with other techniques such as huff coughing to loosen and drain mucus from the lungs.

Time per session:
15-20 mins
Self-administered:
No

HUFF COUGHING



Involves taking a breath in, holding it briefly, and actively exhaling as if you are trying to "fog up" a mirror. Less intense than a regular cough, but may be more effective at clearing mucus.

Time per session:
5-7 mins
Self-administered:
Yes

ACTIVE CYCLE OF BREATHING TECHNIQUE (ACBT)



A three-step technique that helps clear mucus: breathing control (relax airways), chest expansion exercises (get air behind mucus), and huff coughing (move mucus to larger airways).

Time per session:
10-15 mins
Self-administered:
Yes

EXERCISE



Walking, jogging, yoga, pilates, and cycling are exercises to help clear your airways. Choose the exercise you most enjoy.

Time per day:
15-30 mins
Self-administered:
Yes

HIGH-FREQUENCY CHEST WALL OSCILLATION (MOBILE)



Portable vest device that vibrates against the chest wall to loosen mucus so it can be coughed up more easily. Allows for free movement during treatment.

Products (# of sizes):
AffloVest® (7), Monarch® (1)
Time per session:
15- to 30-minute treatments twice per day
Self-administered:
Yes

UNDERSTANDING YOUR AIRWAY CLEARANCE OPTIONS

Airway clearance is a critical part of care for people with bronchiectasis. Review these options and talk to your care team about the best one(s) for you.

HIGH-FREQUENCY CHEST WALL OSCILLATION (STATIONARY)



Vest device that plugs into an electric outlet and uses an air compressor and hoses to help clear the airways.

Products (# of sizes):
The Vest® (8), InCourage® (23), SmartVest® (8)
Time per session:
15- to 30-minute treatments twice per day
Self-administered:
Yes

BRONCHODILATORS



Used to open your airways before doing other airway clearance treatments. May be taken through a metered dose inhaler (MDI), or a nebulizer. This is not a standalone therapy.

Products:
Proventil®, Ventolin®, ProAir®, Xopenex®, Perforomist®, Serevent®, Spiriva®
Time per session:
3-5 secs (MDI), 10-15 mins (nebulizer)
Self-administered:
Yes

OSCILLATING POSITIVE EXPIRATORY PRESSURE (OPEP)



Hand-held device that allows you to breathe in freely, but creates vibration and resistance when you breathe out. The vibration and resistance aid in moving mucus up and out of the airways.

Products:
Acapella Choice®, Aerobika®, Lung Flute®
Time per session:
5-10 mins
Self-administered:
Yes

POSITIVE EXPIRATORY PRESSURE (PEP)



Handheld device that allows you to breathe in freely but creates resistance when you breathe out. This process helps get air behind the mucus, detach it from lung walls, and promote movement up and out of the airways.

Products:
PEP Valve, PEP Mask
Time per session:
8-10 mins
Self-administered:
Yes

HYPERTONIC SALINE



Sterile sodium chloride (salt) solution inhaled through a nebulizer to thin the mucus. Available in different concentrations.

Products:
Saline, HyperSal®, Hypertonic Saline
Concentrations:
3%, 7%
Time per session:
10-15 mins
Self-administered:
Yes

To learn more, visit: www.IMPACT-BE.com

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