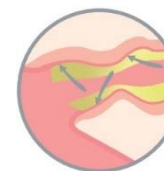


How to use Aerobika Mucus Clearance Device

Determine resistance setting:

- 1) Start with resistance indicator at the lowest setting at 1.
- 2) Resistance should be set so exhalation lasts for 3-4 times longer than inhalation.
- 3) Resistance can be increased by moving the indicator to left. Setting at 5 is the best resistance.
- 4) Desired setting is inspiratory:expiratory flow ratio of 1:3 or 1:4 for 10-20 minutes without excess fatigue.
- 5) As airway become less congested, more resistance will be needed to maintain inspiratory:expiratory ratio.



Resistance holds the airways open



Pulse help thin and loosen mucus while the airway are held open

Technique for using Aerobika:

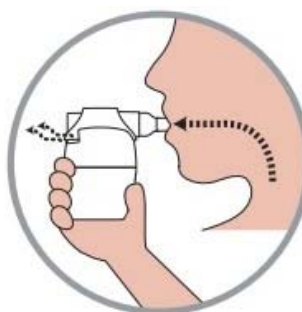
Recommended treatment is 2 times a day for 10 minutes. Increase to 3-4 times per day if producing a lot mucus.



Close lips around mouthpiece



Inhale and Hold
2 - 3seconds



Exhale slowly, steady and firmly. After at least 10 breaths, perform 2-3 huff coughs to clear your airway.



Repeat and cough as directed

How to clean

Place the four disassembled parts into distilled water that has reached the boiling point and rinse for 10 minutes. Let it air dry thoroughly before put the parts back together. Aerobika should be cleaned once every treatment day.



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