

## Acapella®

### Information for patients, parents and carers

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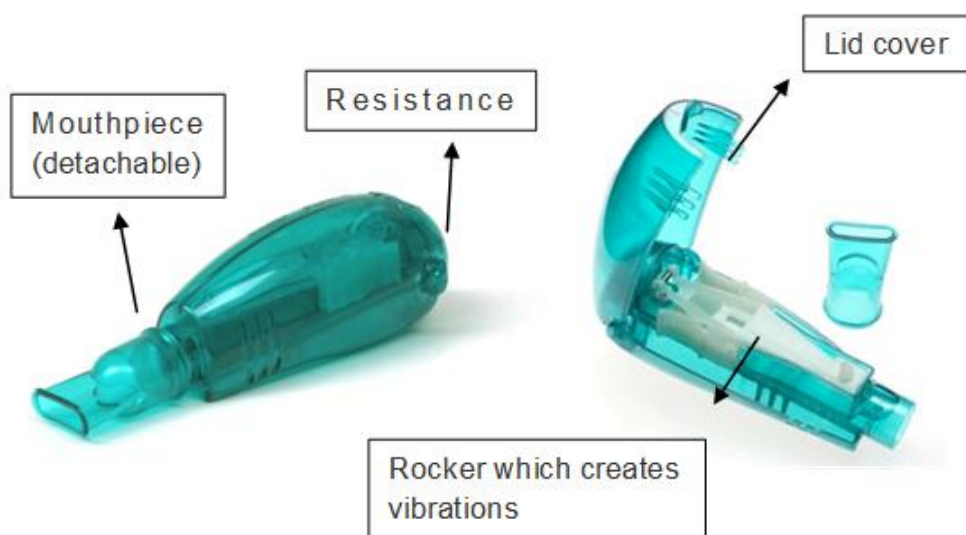
#### What does it do?

The Acapella works using airflow changes, created when you breathe into the device. These airflow changes move the rocker inside in one direction. This is then counterweighted by a magnet which brings it back to its original position – a see-saw action. This movement will remain as you blow into the device and creates a vibratory resistance which is transmitted into your lungs.

These vibrations will help to loosen and dislodge any secretions within your lungs and facilitate its movement up the chest to be cleared.

Additionally the resistance provided will help to keep your airways open, letting air in behind sputum to help it move up the chest.

The dial on the end of your Acapella will alter the resistance you receive when you blow into the device. Your physiotherapist will set this for you.



#### How do I use it?

1. The Acapella can be used in any position – sitting/standing/lying
2. Ensure you take a few relaxed breaths before beginning to use the Acapella
3. Form a tight seal around the mouthpiece with your lips
4. Hold in your cheeks to maximise the vibrations transmitted to your lungs
5. Take a breath in (through your nose or mouth) slightly bigger than normal but not a full deep breath
6. Hold this breath for around 2-3 seconds
7. Breathe out through the Acapella® actively but not forcefully
8. Your breath out should last between 3 and 5 seconds

9. Breathe out as far as you find comfortable but do not breathe in until you are completely empty
10. Try to hold in your cough
11. Repeat \_\_\_\_\_ breaths
12. Do a few more relaxed slow breaths without the Acapella®
13. Then huff as directed \_\_\_\_\_ times
14. Repeat this cycle \_\_\_\_\_ times.

## Points to remember:

- Aim to use your Acapella \_\_\_\_\_
- Clean your device following every use using warm soapy water and rinsing thoroughly. This should be done once taken apart into four parts and left to dry after
- Clean your device once weekly by either: boiling in water for 5 minutes or steam sterilising
- If you are using your Acapella more due to being unwell reduce the number of cycles to prevent fatigue.

## Contact telephone numbers

This leaflet is a guide to Acapella therapy, which should be taught to you personally by a skilled Physiotherapist. If you have any concerns or questions, please contact the Physiotherapy Department on **0131 312 1079**

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