

Aerobika for children and young people

Information for patients, parents and carers

What is an Aerobika?

The Aerobika is a device that helps people clear mucus from their lungs.



What does the Aerobika do?

The Aerobika works by providing a positive pressure which keeps your airways open as you breathe out. It also makes small vibrations in your lungs, which helps loosen mucus.

Both actions allow air to get behind mucus and help move it upwards to the larger airways, where it can be cleared.

How do I use it?

- It is best practice to use your Aerobika while sitting upright.
- Place the mouthpiece in your mouth. Make sure that your mouth is closed tight around it.
- Breathe in deeply and hold your breath for 2- 3 seconds
- Make sure you take a long, steady breath out each time. You should feel the vibrations in your chest but not too much in your cheeks
- You may have a manometer on your Aerobika. If so, your Physiotherapist will explain this to you and let you know what number and coloured zone you should aim to achieve.
- Aim to complete 15 breaths (or the number you have been told to do by your Physiotherapist).
- After 15 breaths you should do a huff and cough. Repeat this cycle 3-4 times or as you have been advised by your Physiotherapist.
- You may be advised to take a nebuliser through the Aerobika. A nebuliser breaks down medication allowing you to breathe it in as a mist. You and your parent or guardian will be shown how to set this up by your Physiotherapist.



How often should I use my Aerobika?

You should aim to use your Aerobika twice daily. If you feel unwell, you should increase usage to 3-4 times per day.

How do I clean my Aerobika?

- Your Aerobika should be cleaned after every use in hot soapy water. You should seek help from your parent or guardian with once weekly sterilisation.
- The Aerobika can be separated into 4 parts: the top case, mouthpiece, valve cartridge, and bottom case.



- The Aerobika parts can be cleaned by washing in hot, soapy water, rinsed and left to air dry completely. **All parts must be left to dry upside down on a drying rack.**
- Parts can also be placed in the top rack of a dishwasher and cleaned on a light cycle.
- It is recommended that the device is sterilised once every week by either: boiling parts in water for 5 minutes or steam sterilising. This may need to be done more often if a nebuliser is used with the Aerobika.

Contact information

If you have any concerns, contact your Physiotherapist or Therapies Reception at Royal Hospital for Children and Young People on **0131 312 1079**.

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