



To be filled in by your Therapist (this will be explained in your treatment session):

Number of sessions per day:

Number of cycles each session:

Note: this booklet is a guide. As you practise, you will find a sequence that suits you best. If you have any questions or concerns, please discuss with a physiotherapist.

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Active Cycle of Breathing Technique

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 formie, 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.

What is Active Cycle of Breathing Technique (ACBT)?

This sequence of breathing techniques is used to help you to clear your chest of sputum and improve the efficiency of your cough. It can also help to reduce any breathlessness that you may be experiencing as a result of this.

Where to start

Begin by sitting upright in a comfortable position. Try to relax and prevent tensing through your shoulders. Placing the backs of your hands on your knees may help with this. When you are ready, you can begin the three main components.

1. Breathing control

Breathing control is used to help reduce the increased effort that it is taking you to breathe.

- Relax your arms and shoulders, resting your hands on your stomach.
- Breathe in gently through your nose and out through your mouth, focusing on making your breathing rate as slow as you can.
- As you breathe in, your stomach should rise slightly, falling gently as you breathe out.



2. Deep breathing

- Take a slow, deep breath in through your nose for three seconds. If you can manage, try to hold that breath for a couple of seconds.
- Breathe out slowly through your lips until all the air has left your lungs, aiming to last for four to five seconds.
- Repeat these deep breaths three to four times.

3. Huffing

- Huffing moves sputum from the small airways, up towards your larger airways and throat which makes it easier to cough and clear.
- Open your mouth wide; squeeze the air out of your lungs from the back of your throat. This should be short and sharp, as if you were steaming up a mirror.
- The huff should move the sputum so you can hear it rumble or rattle in the back of your throat.
- Repeat this huff three times, then try and take a cough.

Putting the cycle together

The aim is to combine the breathing techniques discussed together in a cycle. An example is as follows, using breathing control in between your deep breaths and huffs.

Please turn over for an example of the ACBT sequence.