

General advice

- Frequent walks (even if this is just walking around your home/ the ward) will help to clear your chest.
- Make sure that you drink plenty of fluids. This will help your secretions to be less “sticky”.
- Try not to do your breathing exercises immediately after a meal, wait at least one hour.
- If the breathing exercises make you wheezy or tight-chested, use your inhaler, if you have one (Ventolin, Bricanyl) before you start.

Reference source

- Association of Chartered Physiotherapists in Respiratory Care, 2017: Leaflet No GL-05 “The Active Cycle of Breathing Techniques”
- ACBT – Standard Operating Procedure, Physiotherapy Department, RSCH
- Hough, Alex: Physiotherapy in Respiratory Care: An Evidence-based Approach to Respiratory and Cardiac Management, 3rd Edition

This leaflet was written by the Respiratory Physiotherapists at Royal Surrey County Hospital.

Contact details

For further information please do not hesitate to contact your physiotherapist.

Telephone: 01483 464153 (direct line)

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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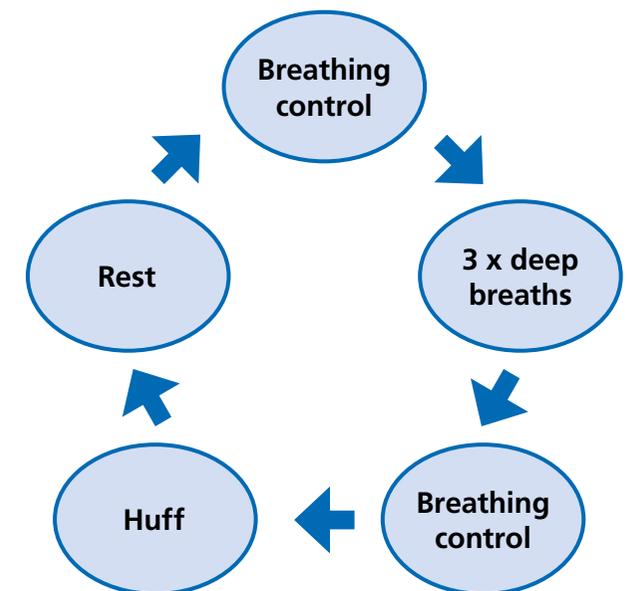
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How to clear your chest – Active Cycle of Breathing Technique (ACBT)

Physiotherapy Department



Patient information leaflet

This leaflet is designed for patients who have been advised to practice chest clearance also known as the Active Cycle of Breathing Techniques (ACBT).

It includes general information and advice and may help to answer some of the questions that can arise.

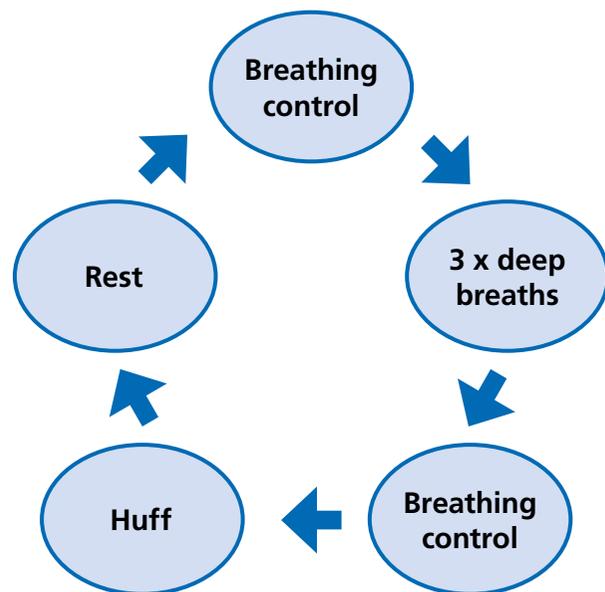
Name: _____

Physiotherapist: _____

Date: _____

What is the Active Cycle of Breathing Technique (ACBT)?

The active cycle of breathing technique helps you clear your phlegm with little effort.



The cycle consists of three exercises

1. Breathing control

This is normal breathing for 20 seconds.

You can place your hand on your stomach to feel it rise as you breathe in and fall as you breathe out.

2. Deep breath x 2–3

This is a slow deep breath in through your nose and out through your mouth. Keep your shoulders relaxed and try to fill your lungs.

3. Huff

Take a medium breath in, keeping your mouth open; squeeze the air out of your lungs, like steaming up a mirror. This helps remove secretions.

How often should I practice my ACBT?

If you have phlegm, it is important to do these exercises regularly in order to maintain a clear chest.

The active cycle of breathing technique can be done in different positions to help the removal of phlegm.

Your physiotherapist advise you to practise your ACBT exercises as follows:

Cycle repetitions: _____

Frequency: _____

Position: _____