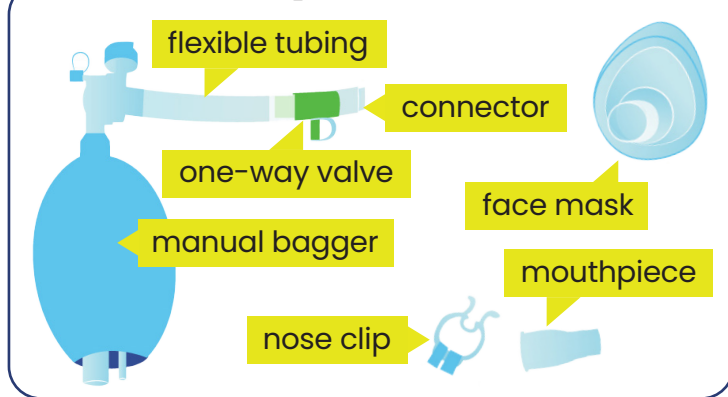


A Guide to BREATH STACKING

with LVR Lung Volume Recruitment

EQUIPMENT

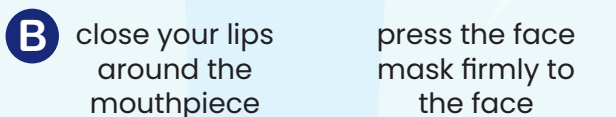
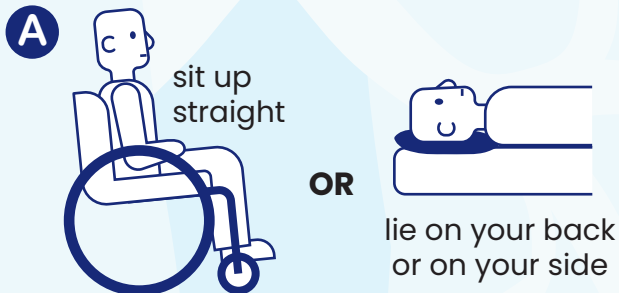


WHY DO IT?

- Fill the lungs up with air
- Keep the ribs and chest wall mobile
- Help cough more effectively
- Help clear secretions
- Strengthen voice

Use at least **TWICE** a day, **EVERY** day
Ideally, before **MEALS** and before **BED**

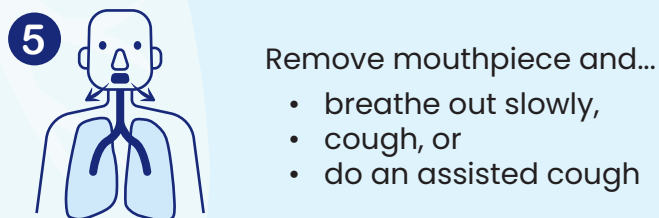
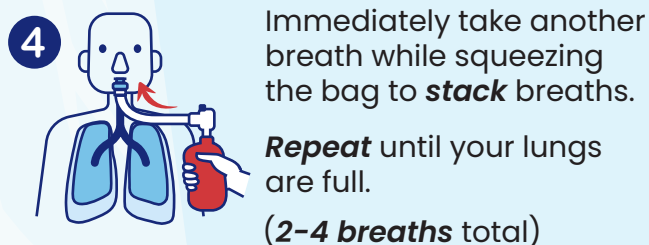
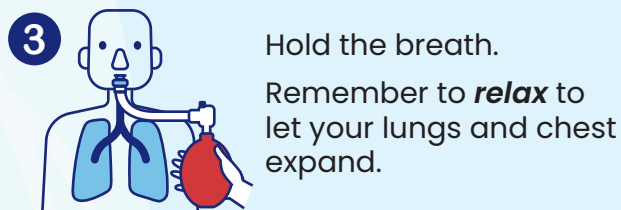
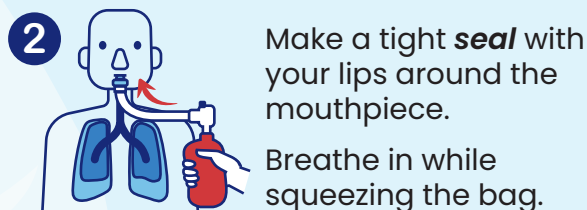
SETTING UP



Using a mouthpiece is the most common method. Add a nose clip if needed.

BREATH STACKING

*This can be done alone or with assistance.



ONLY USE after advised by a therapist
DO NOT SHARE equipment
DO NOT use if you feel unwell

If you have trouble breathing and are in distress, seek health care immediately.