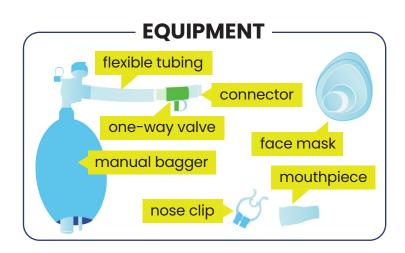
SC RE Community

A Guide to BREATH STACKING

with LVR Lung Volume Recruitment

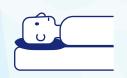


WHY DO IT?

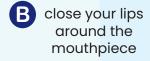
- Fill the lungs up with air
- Keep the ribs and chest wall mobile
- · Help cough more effectively
- · Help clear secretions
- · Strengthen voice
- Use at least **TWICE** a day, **EVERY** day Ideally, before **MEALS** and before **BED**

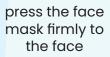
SETTING UP





lie on your back or on your side









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

BREATH STACKING

*This can be done alone or with assistance.

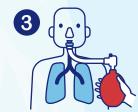


Hold the mouthpiece with your teeth and take a deep breath in without the bag.



Make a tight **seal** with your lips around the mouthpiece.

Breathe in while squeezing the bag.



Hold the breath.

Remember to *relax* to let your lungs and chest expand.



Immediately take another breath while squeezing the bag to **stack** breaths.

Repeat until your lungs are full.

(2-4 breaths total)



Remove mouthpiece and...

- breathe out slowly,
- · cough, or
- · do an assisted cough



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.