

Active Cycle of Breathing Technique (ACBT)

Exercises for clearing mucus

ACBT can be done anytime to help clear mucus from your lungs.

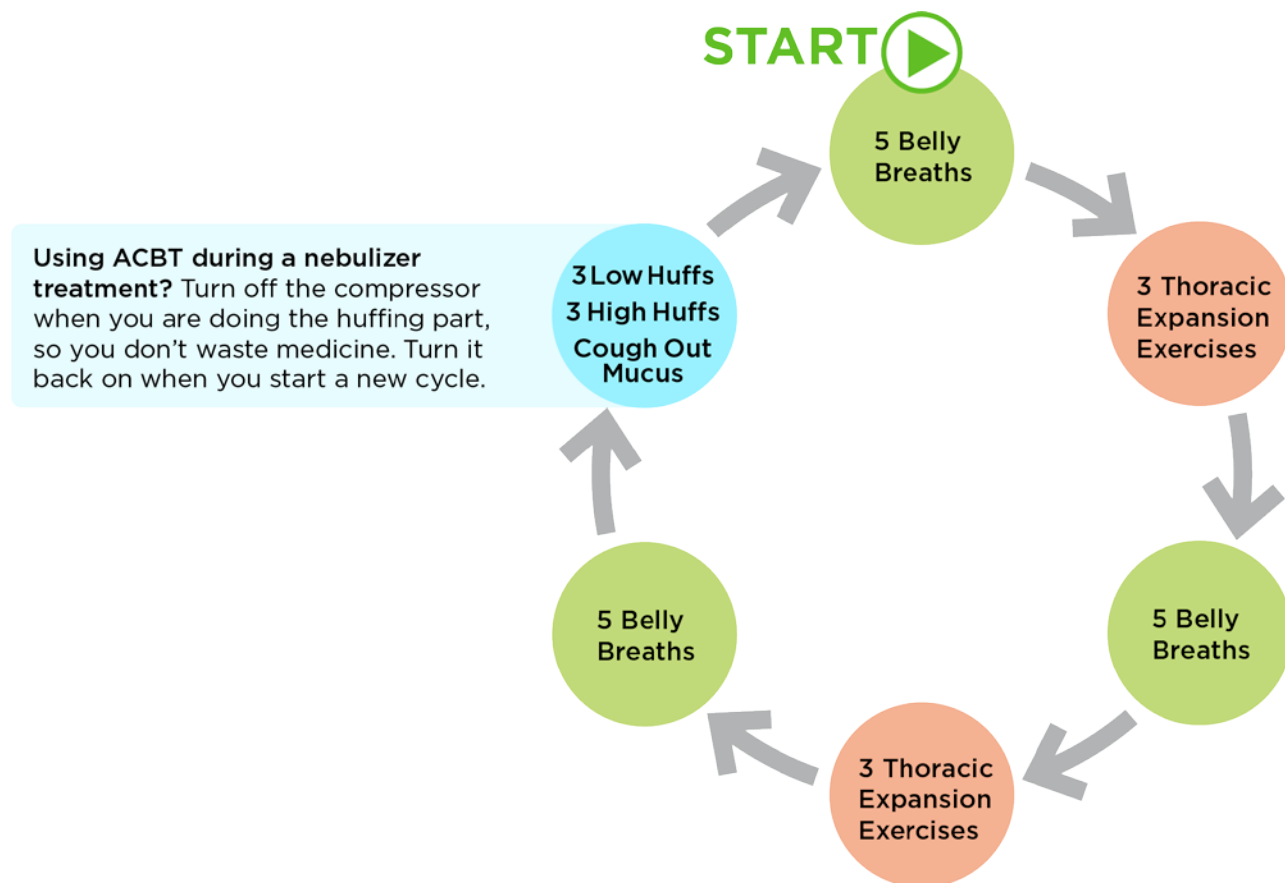
You can use the ACBT during nebulizer treatments.

What is ACBT?

ACBT is a set of breathing techniques used to relax and open your airways. These breathing exercises make your cough work better and help clear mucus out of your lungs. Your care provider will show you how to do this.

The ACBT cycle

Each exercise in the cycle is described on the next page. Follow the arrows to do your breaths. Try to do this entire cycle 4 to 6 times.



To Learn More

- Respiratory Care
206-987-5194
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Parts of the ACBT cycle

Belly breathing (Diaphragmatic breathing)

Breathe normally in through your nose, keeping your upper chest and shoulders relaxed. Place one hand on your stomach and feel your belly move out as you breathe in and fall as you breathe out. This controlled, gentle breathing relaxes the airways and brings more air into the lungs. Do 5 belly breaths.

Thoracic Expansion Exercises (TEES)

Next, starting with your diaphragm, take in a deep breath to fill your upper chest and expands your ribs. Hold it for 3 to 4 seconds, then let out air gently. This breath helps move the mucus. Do 3 of these.

Low huff/ high huff/ cough

Huffing is exhaling through an open mouth and throat instead of coughing.

Low huff:

Take a normal-size breath using your diaphragm and hold it for 3 to 4 seconds. Exhale slowly and completely with your mouth open. It's like fogging a mirror. Do 3 low huffs.

High huff:

Starting with your diaphragm, take the deepest breath you can and hold it for 3 to 4 seconds. Keep head up and mouth open as you produce a high speed, short huff. Do 3 of these.

Cough: Cough out mucus.