

AerobiKA Therapy

What is the AerobiKA?

The AerobiKA is a handheld device used to help remove mucus from the lungs. It vibrates to loosen the mucus from the airway walls and keeps the airways open longer when you breathe out. This allows the mucus to travel up the airway.

How does the AerobiKA work?

When you exhale through the AerobiKA, your breath moves a plastic lever inside the device back and forth. This lever works to break up the airflow, causing pressure and vibrations in the lungs. This loosens the mucus, so it can travel up the airways and be coughed out.

Steps for proper use of the AerobiKA:



More resistance Less resistance
Resistance indicator



1. Check to see that the resistance indicator located under the mouthpiece is set as instructed by the healthcare provider. This indicator sets the vibration frequency and resistance during exhalation. The higher the resistance, the longer it will take you to exhale. Ideally, it should take you 3 times longer to exhale than to inhale during this treatment.
2. Sit with back straight and head slightly tilted back. You may find it helpful to sit with elbows resting comfortably on a table while holding the AerobiKA in your mouth.
3. Place mouthpiece lightly in your mouth. Maintain a seal around the mouthpiece (see photo at left). Nose clips may be needed.
4. Relax and use your diaphragm (belly breathing) to bring a larger-than-normal breath into your lungs.
5. Hold your breath for 2 to 3 seconds.
6. Exhale actively but not too forcefully to produce a steady vibration throughout exhalation. Exhalation should be 3 times as long as inhalation.
7. Perform 10 of these breaths with the AerobiKA.
8. Put the AerobiKA down. Do 2 low huffs followed by 2 high huffs and cough.

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.

High Huff:

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

**Steps 1 through 7 plus the 4 huffs equal a set.
Try to do 4 to 6 sets each treatment.**

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.

Adding nebulizer treatments with the AerobiKA

You can add nebulizer treatments with AreobiKA if ordered by your provider.

1. Before you begin your breathing, after step 2 above, load the nebulizer with medicine and attach to the nebulizer port (see below).
2. Turn on the nebulizer machine when you start your breathing.
3. Turn off the nebulizer during huffs.



Treatment Plan:

When you have more secretions, you may need to increase the treatment length or the number of treatments each day.