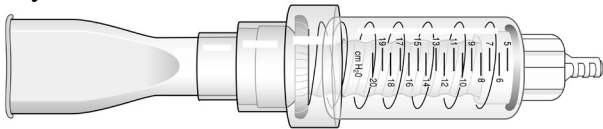


Inspiratory Resistance Exerciser

People with lung disease or a disease of the nerves and muscles often have weakness of the breathing muscles. Exercise can increase the strength and endurance of these muscles. An inspiratory resistance exerciser will be provided to those who need this help. This device has a spring-loaded valve that will cause resistance when breathing in. This will exercise the muscles of breathing.

The pressure when breathing in can be altered so that this muscle training is done at the proper level. Your respiratory therapist will set the correct level of resistance for you.



How to Use the Trainer

1. Adjust the pressure indicator to the prescribed setting.
2. When comfortable, place the mouthpiece in your mouth. Nose clips may be used so

all the breathing is done through the mouth.

3. Relax. Using your mouth, inhale deeply and with enough force to open the valve. Proper training requires a high level of intensity, but it should not exhaust you.
4. Slowly increase training time to five minutes per session and try to train twice per day.
5. Train at about the same time each day. Training while reading or watching TV may help make sessions routine. Consistent, on-going training is important.

Care of the Inspiratory Resistance Trainer The trainer should be cleaned once a week in warm, soapy water. Rinse well and allow to air dry. The entire unit can be taken apart and put together.

Key Point

Be patient. It often takes 6 to 8 weeks to see results from this kind of muscle training. If breathing problems occur as a result of illness, stop the training and report them to a doctor.