

## Physiotherapy Department

# Active Cycle of Breathing Technique (ACBT)

### Active Cycle of Breathing Technique (ACBT)

ACBT is a simple pattern of breathing that helps to:

- Loosen and clear secretions
- Improve ventilation in your lungs

ACBT consists of the following stages:

- Breathing control – This is normal, gentle breathing that aids relaxation and can ease wheeziness.
- Deep breath with hold – This helps to take air deep into your lungs and loosen sputum (phlegm).
- Huff – This helps to clear the sputum from your lungs by squeezing it up towards your mouth and thinning it down.
- Cough – This will clear the sputum from your upper airways.

### What is the best position for practicing ACBT?

Upright sitting should be the most comfortable position for doing your exercises and will help you take adequate deep breaths.

### How often should these exercises be carried out?

In general, we advise you carry out ACBT every hour. This is very important for helping to clear secretions and aid your recovery.

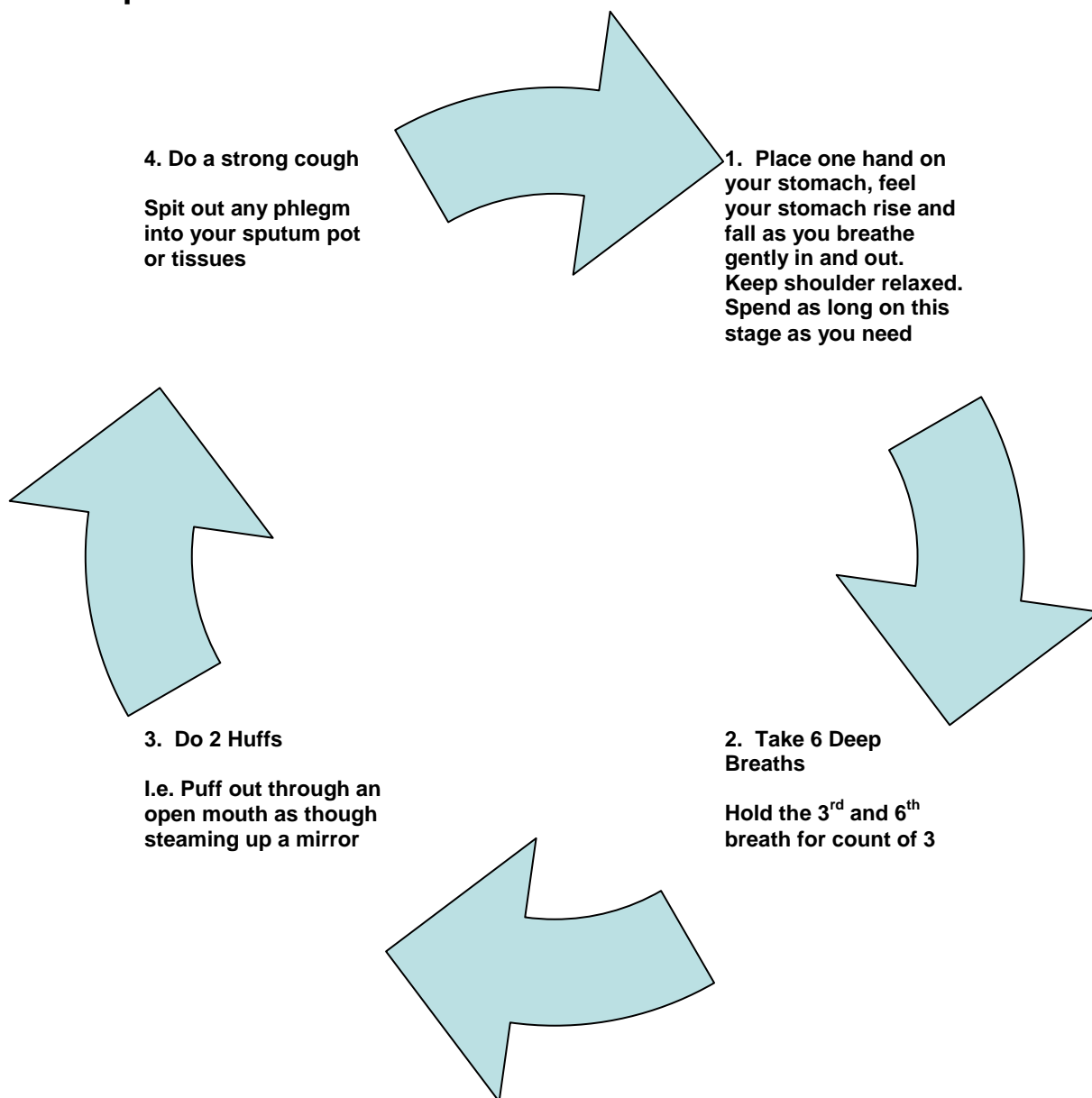
Please note that these are general guidelines. If your Physiotherapist suggests changes to your exercises, please follow this advice as it will be tailored to your individual needs.

There is a separate leaflet called “Breathing Control”. Please ask your clinician for a copy.



# Patient Information

## Technique



## Further Information

If you have any questions or would like further information, please contact the Physiotherapy Department on **024 7696 6013**.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6183 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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