

Patient Information

## Therapy Department

# Usage Diary

You have been advised to do the following breathing exercise:

Please place a tick in the appropriate box after each exercise:

W/c	Morning	Evening
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

W/c	Morning	Evening
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W/c	Morning	Evening
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W/c	Morning	Evening
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Saturday		
Sunday		



# Patient Information

W/c	Morning	Evening
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W/c	Morning	Evening
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W/c	Morning	Evening
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W/c	Morning	Evening
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W/c	Morning	Evening
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Wednesday		
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Saturday		
Sunday		

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The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact the Therapy Department on 024 7696 6013 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

<b>Document History</b>	
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