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BA-TUBE:

Your own exercise can be done as follows – after instruction from your Physiotherapist.

The following method is recommended:

- A.** Use the BA-TUBE with the blue top, its resistance has no steps and can be adjusted
Between 0 – 7. Closed air-regulator = 0.
- B.** Turn the blue top anti-clockwise.
- C.** Set the resistance tested for you.

If your Doctor has prescribed a medicine for stretching the bronchitis, it is very important, that you take your dose at least 15 minutes before the breathing exercises.

- 1.** In all you practise for about 10 minutes. Repeat the exercises at different times during the day, as often as possible. Take advantage of any opportunity during the day, like when watching TV, or when reading newspaper etc.
- 2.** Take the time, for instance, by setting an egg timer for 10 minutes.
- 3.** Breathe through your nose and blow out through the tube, in the way that your Physiotherapist has instructed you. Blow out regularly and calmly but not too slowly.
- 4.** The number of breaths in one session is very individual and depends on your daily condition. Rest after 5 – 10 breaths.
- 5.** Cough up the secretion in between. The Physiotherapist will instruct you in the right cough-technique. First of all, draw a deep breath. After that you use the same technique to force out the air, in the same way, as you would "huff" onto a mirror or glasses before cleaning.
- 6.** Rest.
- 7.** Continue to breathe with the tube, as described in paragraph 3, for a total of 10 minutes.

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2.

If something feels disagreeable, this might depend on the fact, that you use wrong technique when exercising, or, that the resistance on the out-breathing is too heavy. Regular controls with your Physiotherapist are necessary to keep such problems under control.

Cleaning:

Place the enclosed black plunger into the tube, press of the blue top with your thumb or press against something hard. Clean the pieces in boiling water, or alternative disinfection's max. 100°C, (do not use any acid or acid bases >0.5M). After cleaning, put the parts together, the arrow on the blue top must be placed against the number-scale, push together until it snaps.

This instruction sheet is performed by the authorized Physiotherapist Jane Lackorn at the Royal Karolin Hospital, Stockholm, Sweden and has later on been modified by MD Tommy Ekström, AstraZeneca Sweden.

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