

The Active Cycle of Breathing Technique

Used to clear secretions

Position: _____

____ Slow deep breaths

____ Relaxed breaths

____ Slow deep breaths

____ Relaxed breaths

____ Hulls

____ Cough

To be done: _____

- ♦ Please do not use this technique unless you have been educated by a Physiotherapist.
- ♦ Any queries please contact _____