

# The Active Cycle of Breathing Technique

Used to clear secretions

**Position:** \_\_\_\_\_

\_\_\_\_\_ Slow deep breaths

\_\_\_\_\_ Relaxed breaths

\_\_\_\_\_ Slow deep breaths

\_\_\_\_\_ Relaxed breaths

\_\_\_\_\_ Huffs

\_\_\_\_\_ Cough

**To be done:** \_\_\_\_\_

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