



Lung Exerciser

INSTRUCTION MANUAL

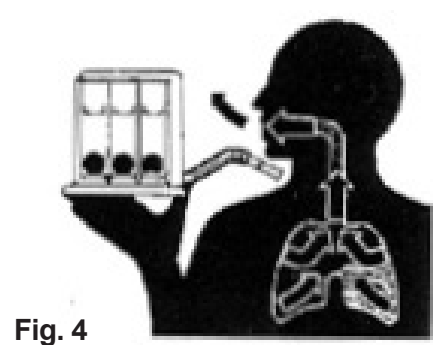
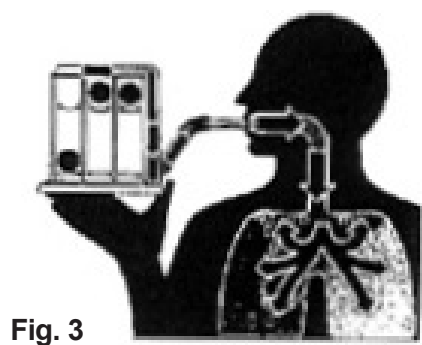
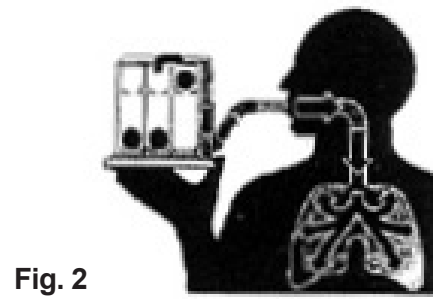
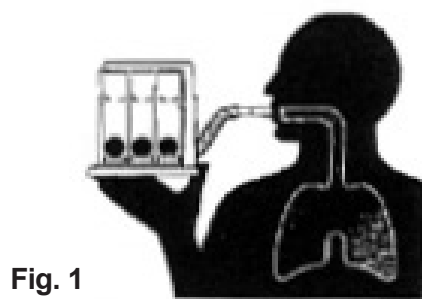
Model No. EL6745

Please read carefully before use and keep for future reference

1. Hold the unit in an upright position.
2. EXHALE normally and then place your lips tightly around the mouthpiece at the end of the green tubing (Fig.1)
3. LOW FLOW RATE - Inhale at a rate to raise only the ball in the first chamber. The second chamber ball must remain in place. This position should be held for three seconds or as long as possible whichever comes first (Fig. 2)
4. HIGH FLOW RATE - Inhale at a rate to raise the first and second chamber balls. Ensure that the third chamber ball remains in the rest position for the duration of this exercise (Fig. 3)
5. EXHALE - Take out the mouthpiece and exhale normally (Fig. 4) RELAX (Repeat) - Following each prolonged deep breath, take a moment to rest and breathe normally. This exercise can be repeated according to physician's instructions.

NOTE: Tilting the unit forward can make the respiratory exerciser easier for patients who find it difficult to raise the ball or balls while holding the unit in an upright position.

Measurements: H13.7xD6.9xW14.5cm, Pipe Length 26cm.



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