

**Information for Patients**  
**Physiotherapy Treatment**  
**with the AEROBIKA**  
**Physiotherapy Service**



### **What is the Aerobika?**

The Aerobika is a treatment for children, adolescents and adults who need help to clear secretions (sputum/phlegm/mucus) from their lungs.

### **What does it consist of?**

It consists of:

- A mouthpiece
- A nebuliser port
- A valve cartridge
- A case

### **How does the Aerobika work?**

When you breathe out through the Aerobika it generates a positive expiratory pressure (back pressure) as you breathe out creating a low resistance. It also generates 'oscillations' or small vibrations which get transmitted into the airway.

The temporary increase in positive pressure assists in keeping your airways open, helping to get air behind the sputum and move it upwards in readiness for it to be cleared.

At the same time the vibrations in the airways help to loosen the secretions.

There is a resistance indicator at the front of the device. You can increase or decrease the resistance of the vibrations by moving it from left to right or vice

versa. Find the resistance which is most comfortable and gives you the most vibrations.

## **How to use the Aerobika**

Your physiotherapist will show you how to use the Aerobika and suggest how often you should use it:

1. Sit upright, or sit at a table with your elbows resting on it and your back straight.
2. Put the Aerobika in your mouth over your bottom teeth so that it rests on your tongue. Form a good seal around the mouthpiece with your lips.
3. Slowly breathe in through the Aerobika, taking a slightly deeper breath than normal.
4. Pause for 2-3 seconds, this lets the air fill all of your lungs.
5. Breathe out through the Aerobika with a breath slightly more active than normal.
6. Perform 10 breaths. Try to avoid coughing during these breaths.
7. Take the Aerobika out of your mouth and perform 2-3 huffs (a fast breath out like you are steaming up a mirror). .
8. Repeat steps 1-7 until you have reached the number of cycles advised by your physiotherapist/ or until your nebuliser has finished.

### **Note:**

- If your cheeks vibrate a lot during this technique you should either tense them, or, if you cannot manage this, hold your cheeks still (with your fingers and thumb of your free hand) so that all the vibrations go down into your lungs.
- The Aerobika can be attached to the hypertonic saline nebuliser by removing the nebuliser mouth piece and attaching it to the nebuliser port at the back of the device. This means both your physiotherapy treatment and your nebuliser can be delivered at the same time and reduce treatment times.

## **How to clean your Aerobika**

It is recommended you clean your Aerobika after each use or every day by taking it apart and washing it in hot soapy water and air drying the parts before re-assembling them.

To take it apart squeeze the tabs on the front and back of the bottom case and lift out the valve cartridge. Detach the mouth piece. Clean the 4 separate parts.

### **Things to look out for**

If you notice you are coughing more and your treatment is not clearing your chest it is important to let the respiratory team know, as they may suggest changing your current treatment.

The following are exceedingly rare events but you should stop doing your Aerobika immediately if:

- you suddenly become short of breath
- experience any acute pain
- there is a significant change in the colour of the sputum.

The respiratory team should advise you what to do and who to contact if any of these things occur.

If you have broken your Aerobika or notice any cracks in it, again, stop using it and let your respiratory team know.

### **Additional Resources**

[https://www.youtube.com/watch?v=iy2oYadhF9Q&list=PLSJxtd94W2aNGiVwVAKQj6Rrk9\\_VIDZNn&index=1](https://www.youtube.com/watch?v=iy2oYadhF9Q&list=PLSJxtd94W2aNGiVwVAKQj6Rrk9_VIDZNn&index=1)

Video link from Trudell Medical

**“This document is available in Welsh / Mae’r ddogfen hon ar gael yn Gymraeg”**