

# How to Use the Aerobika

- **Assure proper setting of the resistance indicator on the Aerobika.** This is on the same side as the mouthpiece. Your health care provider will set the indicator when you get your Aerobika. Move the resistance indicator toward the + to increase resistance. Shift the indicator toward – to decrease resistance.
- **Sit up with good posture to use the Aerobika.** Sometimes we may have you lie in a postural drainage position to use the Aerobika. Postural drainage positions include lying flat on your back, and alternating right and left sides. Your health care provider will show you postural drainage positions to use if these are recommended.
- **Place the Aerobika mouthpiece in your mouth.** Seal your lips tightly around the mouthpiece.
- **Take in a fairly deep breath and hold it for about 2-3 seconds.**
- **Exhale actively (but not too forcefully)** through the mouthpiece until you no longer hear the flutter. Keep your cheeks as firm as possible when you exhale.
- **Repeat this maneuver for 10-20 breaths.** Try to resist coughing during this phase.
- **Follow this cycle:**
  - **10-20 blows**
  - **2-3 huffs**
  - **One big cough to bring the sputum up and out. Try not to swallow the mucus.**
- **Huff coughing** is a type of coughing if you have trouble clearing your mucus. Take a breath that is slightly deeper than normal. Use your stomach muscles to make a series of 3 exhalations with the airway open, making a “ha, ha, ha” sound. Follow this by normal breathing and a deep cough if you feel mucus moving.
- **Repeat cycle** for 10-15 minutes **2 to 4 times a day** (or as prescribed by your health care provider).