

Specialist Paediatric Outreach Respiratory Team (SPORT)

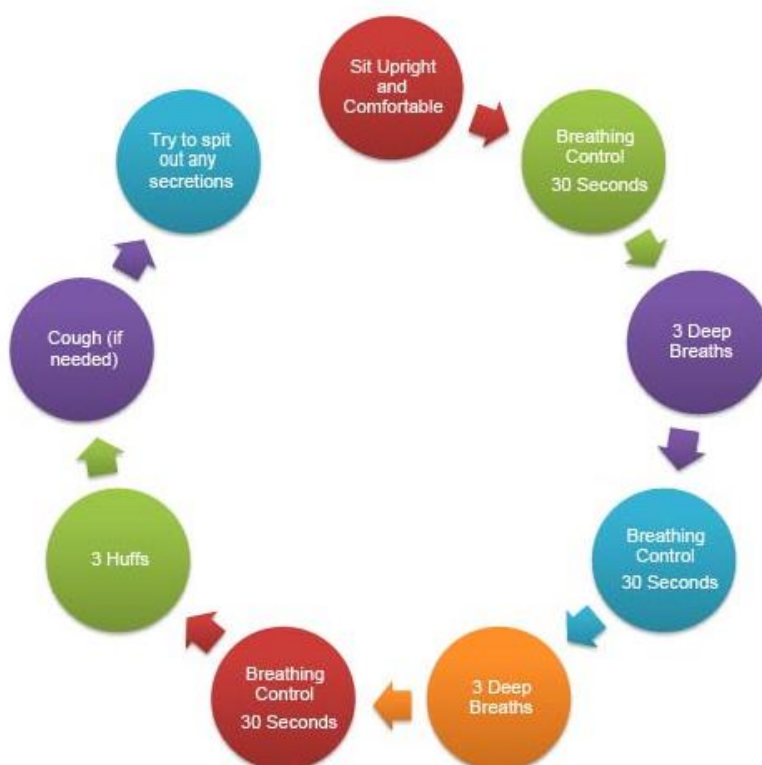


Active Cycle of Breathing (ACBT)

What does ACBT do? This helps to clear mucus/ secretions off your chest and makes breathing easier.

How often should I do ACBT? Complete a minimum of twice a day unless advised otherwise by your physiotherapist.

How do I do it? Follow the steps below;



If you need any further information, please contact: **01282 803587**