

THE BREATHER™

ONE DEVICE – MANY THERAPIES

SUMMARIZED PROTOCOL

The Breather is an Inspiratory/Expiratory Respiratory Muscle Training device (RMT). Breathing against resistance, by using **The Breather**, activates and strengthens your muscles for breathing, speech and swallow. This will improve breathlessness, coordination of speech and breathing, and quality of speech. It will also increase swallowing safety, improve airway clearance and reduce the risk of aspiration. Using **The Breather** will increase your health-related quality of life.

HOW TO USE THE BREATHER

1. Sit upright, hold the mouthpiece between your lips.
2. Breathe in and out through **The Breather** using diaphragmatic (abdominal) breathing.
3. Rotate the tactile inhale (settings 1-6) and exhale (settings 1-5) dials to a setting at which you manage 10 breaths without puffing your cheeks or getting out of breath. You want to feel as if you've been giving 70% of your effort to get to the 10th breath.
4. Increase the inhale and exhale settings independently of each other if the set of 10 breaths becomes too easy. Reduce the dial settings if you have not been using your Breather for a period of time due to illness or other reason.
5. Training: Please use **The Breather** 6 days per week. 2 sessions per day (mornings and evening). 2 sets of 10 full breaths per session.
6. You should start noticing positive benefits after your first week of use. Continue training using **The Breather** for the rest of your life.



TO MASTER THE BREATHER: FREE TRAINING VIDEOS

Visit PN Medical's website: pnmedical.com/courses/training

- [Lesson 01: Who Should Use The Breather & Why](#)
- [Lesson 02: Using & Cleaning The Breather](#)
- [Lesson 03: Foundational Protocol for Your Breather \(How To Use\)](#)

CLEANING THE BREATHER

CLEANING STEPS

1. Separate **Breather** from mouthpiece
2. Wash in warm water with mild dishwashing soap
3. Rinse well, **thoroughly** shake off excess water, towel dry out surfaces
4. Set both dials to 1 and sharply inhale and exhale to release possible moisture seal
5. Air dry, and store in non humid location

Easier Option: See Cleaning Videos:

www.TheBreather.com/Cleaning



IMPORTANT TIPS

- Your **Breather** will be exposed to saliva during use; try to clean it on a daily basis.
- The blue dial diaphragms may stick from moisture build up after cleaning or after use. Set both dials to 1, then inhale and exhale sharply to release the moisture seal.
- Do not put **The Breather** in the dishwasher! High heat cycle may effect the blue dial diaphragms.

TROUBLESHOOTING

Occasionally, the exhale dial can feel blocked. This is most often caused either by a build-up of debris on the inside of the rubber diaphragm, or a moisture seal between the inside of the dial and the rubber diaphragm.

- Place in 1 part vinegar, 3 parts warm water
- Let soak for 5 minutes (no more than 15 minutes!)
- Rinse and dry outward surfaces with a towel
- Knock both dials against your hand 3-5 times to help dislodge moisture
- Air dry and store in a non humid location

**** Please note that The Breather is a Single Patient Use device, and all cleaning recommendations assume that The Breather is being used by a single individual. ****