

BREATHER RECOVER.®



A GENERAL PROTOCOL

Last Updated 4/3/23

The **BREATHER RECOVER** protocol aids in restoring optimum function of the autonomic nervous system as well as strengthens respiration muscles by applying a gentle combined respiratory muscle training (cRMT) approach. This protocol aims to improve default breathing pattern, sleep, activity tolerance, happiness and energy levels, reducing long term symptoms in those experiencing difficulty in recovery.

BEFORE YOU BEGIN

- Read the instructions found in the manufacturer's package insert.
- If access to the internet is available, it's recommended you watch the free training videos found at PNMedical.com/recover including:
 - *How to Complete Breathing Reset Pattern
 - *How to Use Breather Recover
 - *How to Clean Breather Recover
- If you use oxygen, just keep it on during Breathing Reset and Breather Recover sessions. If your doctor has ordered you to use oxygen as needed, have oxygen available to use if your oxygen level falls below the level your doctor prescribed.

HOW TO START BREATHER RECOVER TRAINING

We began the Recover training plan with two weeks of breathing reset sessions. These sessions are completed **without the device** and are aimed at restoring a healthy breathing pattern and supporting autonomic function in your nervous system. You will be guided through your breathing reset sessions in the Recover Training plan within the Breather Coach app. Or you may find written instructions on the downloadable training journal pdf found at pnmedical.com/recover.

BREATHER RECOVER. TRAINING JOURNAL

Start Date: ___/___/___

BREATHING RESET: Lay down on your back or recline back in a comfortable position. Place one hand over your chest and the other over your belly. Try to breathe through your nose, keeping your mouth closed. Draw each breath from deep in your belly and relax to let the air escape on exhale. Focus your attention on your breath and ride the wave as you inhale and exhale gently. Each inhale should be 4-5 seconds long with each exhale equally 4-5 seconds long. Aim for up to 10 minute sessions twice a day.

WEEK 1	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
AM								
PM								

WEEK 2	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
AM								
PM								

General Breathing Reset Instructions

- *Lay down on your back or recline back in a comfortable position.
- *Place one hand over your chest and the other over your belly. Try to breathe through your nose, keeping your mouth closed. Draw each breath deep in your belly and relax to let the air escape on exhale
- *Inhale should be 4-5 sec. And exhale 4-5 sec. Aim for a 10 min session, 2 times a day for 2 weeks.

HOW TO USE BREATHER RECOVER

After 2 weeks of Breathing Reset sessions, you can try training with your Breather Recover device. If it feels strenuous or you notice fatigue in the following hours or the next day, go right back to Breathing Reset sessions until you feel ready to try again.

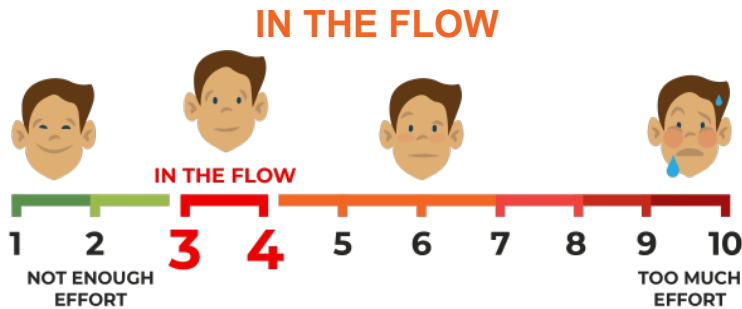


- *Begin with your Breather Recover device with the **recover mouthpiece** in place. Ensure dials are set at 1 for inhale and 1 for exhale
- *Position yourself with a straight back either sitting upright or reclined back
- *Hold the mouthpiece between your lips, don't clench it with your teeth.

- Breathe in and out through the mouthpiece (not the nose) using diaphragmatic breathing.
- Inhale 2-3 seconds, pause, exhale 2-3 seconds, pause
Repeat this rhythm to complete your set.
- *complete 4 sets of 5 repetitions as tolerated.
- Aim to complete Breather Recover sessions with effort **IN THE FLOW** (red section of effort scale #3-4).

MORE INFO ON TRAINING WITH IN THE FLOW EFFORT

How to train **IN THE FLOW**: For optimal results when training with your Breather Recover, it's important to perform your Respiratory Muscle Training sessions with effort **IN THE FLOW**. The 3-4 range on the scale below correlates to 30% -40% of your maximum effort.



- Listen for a 'wind' sound for inhale and exhale to indicate you are doing RMT with effort **IN THE FLOW**.
- Listen to your body. Ask yourself:
 - *Am I feeling out of breath or lightheaded?
 - *Take breaks as you need them. .
 - *Am I too fatigued after a session? If yes, replace training with the device with a breathing reset session. Resume training with your Breather Recover device when you feel ready.
 - ***NOTE:** Lightheadedness that quickly goes away may occur when you first begin training. This is a normal response to the effortful inhale/exhale maneuver. Take a short break as this should resolve quickly and you can get back to complete your Breather Recover session.
- Please use Breather Recover to complete low RMT 6 days per week, twice a day. One session any time in the AM hours and one session anytime in the PM hours. Aim for 4 sets of 5 full breaths at each session. Leave a good 2 minute or more break in between sets.
- Once 5 breaths per set becomes easy, try increasing the resistance by increasing either/both inhale and exhale dials. If you stop using your Breather Recover for a period, you may find the need to revert to reset breaths before getting back to Breathing Recover sessions.

When to switch to the standard mouthpiece

Many users find they can "graduate" after a few weeks of using the Breather Recover device with the recover mouthpiece. Often this happens once the user progresses to tolerate their Breather Recover sessions at settings 3 for inhale and 3 exhale with the Recover mouthpiece. Start with the Standard Mouthpiece on settings 1 and 1, progress the dials to the level at which you feel your effort is **IN THE FLOW**.

CLEANING BREATHER RECOVER



Up to once daily

1. Separate the mouthpiece from the white portion of Breather Recover.
2. Wash in warm water with mild dish-washing soap.
3. Rinse both pieces well.
4. Shake out the excess water & use a clean towel to dry surfaces.

5. Air dry thoroughly (overnight is a great time).

6. Before putting the mouthpiece on, sharply inhale & exhale through the body to release any possible seals. 7. Store in a clean, dry place that can ventilate.

***Do NOT** put Breather Recover in the dishwasher. The high heat may affect the way it works or ruin it completely.

DISINFECTING Breather Recover Up to once weekly

1. Clean Breather Recover as outlined above in steps 1-3.
2. Soak in either 70% alcohol OR hydrogen peroxide for 5 minutes.
3. Rinse with sterile or distilled water.
4. Shake out excess water & allow to dry thoroughly.
5. Store in a clean, dry place that can ventilate.



***NOTE:** Breather Recover is a device to be used by one person. It should not be shared with others. All cleaning recommendations assume The Breather is being used by a single individual.

See Cleaning Video at PNMedical.com/recover

FOR FURTHER SUPPORT

Visit: www.pnmedical.com/faq/

Contact us by phone or email: 877-414-4449 or care@PNMedical.com