

# Active Cycle of Breathing Technique (ACBT)

An information guide



# Active Cycle of Breathing Technique (ACBT)

ACBT is used to help clear your lungs of excess sputum. Your physiotherapist will teach you the technique and advise you on the frequency and which positions are best for you. ACBT consists of four different parts:

**Relaxed breathing:** This is normal, gentle breaths which can help to ease wheeziness and help you feel more relaxed.

Technique: Place a hand on your stomach and feel it gently rise and fall with each breath in and out. It should not feel forced.

**Deep Breath:** This helps to take air down to the bottom of your lungs.

Technique: Take a slow deep breath in until your lungs feel full. You will feel your ribs expanding as you breathe in. Your physiotherapist may ask you to add a hold at the end of your breath in for a count of 3, before breathing out and a small sniff on top of the hold. Sigh out slowly, you will feel your ribs relax as you breathe out.

**Huff:** This helps to clear sputum from your lungs.

Technique: Take a breath in. Then, through an open mouth, force the air out of your lungs quickly, as if trying to steam up a mirror. Your physiotherapist will advise on the breath in. This may be a long deep breath or a more relaxed breath.

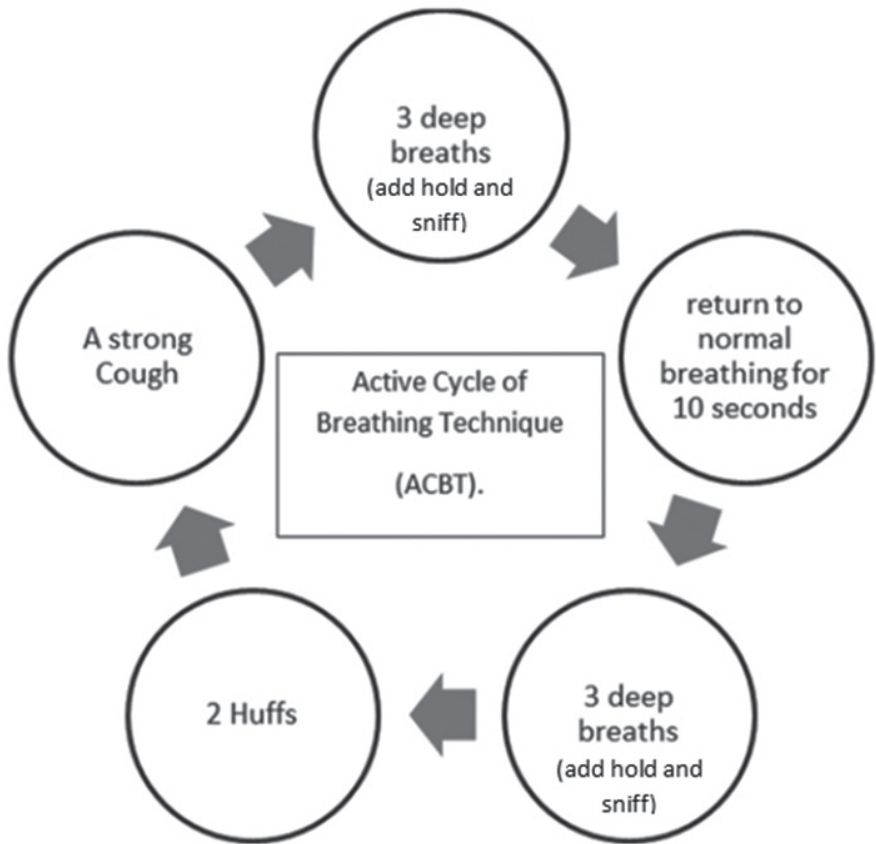
**Cough:** Only cough if you feel there is something there to clear.

This cycle can be repeated until your lungs feel clear. If you have any questions please ask your physiotherapist.

**Contact numbers:**

Name .....

Contact.....



**Additional advice:**

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**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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**Date of publication: July 2007**

**Date of review: February 2021**

**Date of next review: February 2023**

**Ref: PI(DS)370**

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