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Dr. Odin®

SPIROMETER Three Ball Breathing Exerciser INSTRUCTION MANUAL



DISPOSABLE FOR SINGLE USE NOT INTENDED FOR REPROCESSING Please read instruction manual before use

Thank you for purchasing the **Spirometer**. What is SMI :-

Sustained Maximal Inspiration (SMI) is a technique used to prevent small airway collapse (atelectasis). The SMI technique used to consist essentially of a slow, deep breath for a few seconds to work the lungs. By increasing lung expansion and strengthening your cough effort, you will decrease the accumulation of unwanted secretions in your lungs.

Spirometer is a goal-oriented exercise using SMI to promote bronchial hygiene in ridding the lunge of unwanted secretions. Your Spirometer is designed to visually encourage you and allow you to monitor your own progress.

Assemble you spirometer as follows :-

- Remove spirometer part from package.
- Attach free end of tubing to stem of base of unit.

Note:-

Before and after each use, rinse only the mouthpiece with warm water and shake it dry. After use place the spirometer in its bag and close the top.

How do I use my Spirometer?

- 1 It is best to perform an SMI in an upright (i.e. sitting) position. Your doctor or therapist will advise you which position is best for you.
- If your doctor or therapist has advised setting, follow his or her directions.
- 3. Place the mouthpiece in your mouth and, from a normal resting expiration, inspire at a slow yet sufficient rate to raise the ball of the bottom of the spirometer.
- 4. For a low flow ratem inhale at a sufficient rate to raise only the ball in the first chamber while the second chamber ball remains in the rest position. This position should be hels as a long as possible. A hold meneuvry then maintained for three seconds.
- 5. For the higher flow rate, inhale at a rate sufficient to raise the first and second chamber balls while the third chamber ball remains in the rest position.
- 6. To go on higher scale left all the three chamber ball in top position.
- 7. Exhale, remove mouthpiece and exhale normally, relax (repeat)

following each prolonged deep breath, take moment to rest and breath moment to rest and breath normally. Then repeat the exercise as directed by your physician.

8. If instructed to do so, hold this breath for a few seconds before exhaling .

Avoid fatigue and hyper ventilation.

Allow time between inspirator maneuvers. One SMI repeated with a break of at least one minute between efforts will reduce fatigue and the risk of hyper ventilation. Follow your clinician's instruction carefully.

As your condition improved, you may increase the flow to greater volumes, follow your clinician's instructions carefully.