

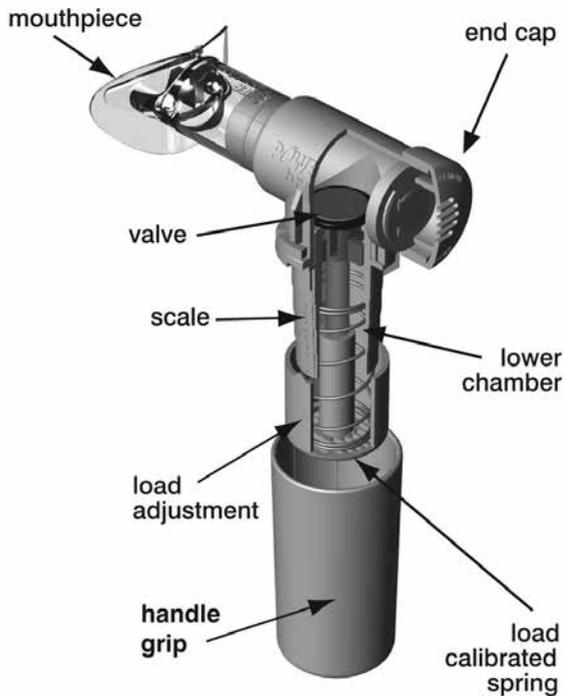


# What is Inspiratory Muscle Training (IMT)?

IMT is a form of resistance (weight) training which strengthens the muscles that you use to breathe.

When these muscles are strengthened regularly for a period of a few weeks they adapt, becoming stronger and being able to work for longer. You will also be able to exercise more without getting so breathless.

By improving muscle strength before an operation, IMT can reduce breathing complications following major surgery.



Maximal Inspiratory Pressure	Initial Resistance Level

## Settings and technique

The POWERbreathe® Medic will be set up for you by the Physiotherapist.

### **How to use:**

- 1) Make sure you are sitting or standing upright.
- 2) Put on the nose clip.
- 3) Hold the IMT by the handle grip.
- 4) Place the mouthpiece in your mouth, making sure you put your lips over the outer shield to make a good, airtight seal.
- 5) Breathe out as far as you can then take a fast, forceful breath in through your mouth. Take in as much air as you can, as quickly as possible, whilst expanding your chest.
- 6) Breathe out slowly and with minimal effort, letting your shoulders relax.
- 7) Pause and then take another fast, forceful breath in.
- 8) Repeat this fast, forceful breath as shown in the chart below.

*If you feel light headed, slow down and pause at the end of your breath out.*

Repetitions	Number of times a day

## Training Record

Record the number of breaths and the resistance level that your POWERbreathe® Medic is set to in the training record overleaf.

		<b>Monday</b>				<b>Tuesday</b>				<b>Wednesday</b>			
		a.m.		p.m.		a.m.		p.m.		a.m.		p.m.	
Breaths/ Resistance		B	R	B	R	B	R	B	R	B	R	B	R
<b>Week</b>	1												
	2												
	3												
	4												
	5												
	6												
Comments													



## Increasing the resistance of the POWERbreathe® Medic

You can build up your muscle strength by increasing the resistance of the POWERbreathe® Medic. This will make it more difficult to breathe inwards, which will make your muscles work harder.

- 1) Remove the handle grip cover.
- 2) Increase the resistance by turning the load adjustment clockwise one full turn, this will increase the level on the numbered scale by 1.
- 3) Replace the handle grip cover to use.
- 4) Increase the resistance by **1 turn each week**.

*Do not tighten the load adjustment beyond level 9, as this may damage the device.*

## Cleaning your POWERbreathe® Medic

Clean the mouthpiece after every use.

- Remove the mouthpiece and wash it in warm soapy water.
- Rinse under flowing water from the tap.
- Shake off excess water and leave to air dry.

Your mouthpiece must be dry before you can reassemble it to use again.

### **Cleaning the POWERbreathe® device**

- A few times a week, dismantle and soak your POWERbreathe® in warm water for 10 minutes.
- Wipe with a soft cloth under warm running water.
- Shake off excess water and leave to air dry.

### **Weekly sterilisation**

Once a week, follow the same procedure as above but soak your POWERbreathe® in a mild cleansing or approved sterilising solution (must be intended for use on equipment that comes into contact with the mouth, such as that used for babies bottles).

After sterilisation, hold the device upside down under a running tap, so that water can run through it.

Shake off excess water and leave to air dry.

*Make sure your POWERbreathe® Medic is dry before storing it.*

## Further Information

To contact the Churchill Surgical Physiotherapy Team:

Tel: **01865 235 391**

To contact the Advanced Nurse Practitioners:

Tel: **01865 235 706**



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