

## Patient information

# Aerobika device

### What is the Aerobika?

The Aerobika is a device that can be used to help people with respiratory conditions such as bronchitis, bronchiectasis, cystic fibrosis, chronic obstructive pulmonary disease (COPD), asthma or chest infection, who have difficulty clearing sputum (phlegm) from their chest. It should be used as instructed by your physiotherapist.

### What does it consist of?

It is a small, portable device consisting of a mouth piece, a top case, a valve cartridge and a bottom case.

### How does it work?

When you breathe out through the Aerobika, pressure builds up in your lungs. This helps to keep your airways open and also allows air to get behind the sputum and help move it upwards. The vibrations transmitted through your chest wall, by the action of the valve, also helps to loosen sputum from the sides of the airways.

### How to use it?

Your physiotherapist will demonstrate and teach you how to use the Aerobika. Make sure that you have a glass of water and box of tissues close to hand.

1. The Aerobika device can be used in different positions. Your physiotherapist will discuss this with you.
2. The Aerobika has a dial that allows you to change the resistance of the vibrations. Your physiotherapist will discuss the appropriate level with you.

3. Close your lips around the mouthpiece of the Aerobika, making sure there is a good seal.
4. Next, breathe in slowly through your nose (only slightly deeper than normal).
5. Hold your breath for 3 - 5 seconds and then breathe out, through the Aerobika device, at a slightly faster rate than normal. Keep your cheeks stiff as you breathe out.
6. Repeat these breaths 4 - 8 times (as instructed by your physiotherapist). Any urge to cough should ideally be suppressed at this stage.
7. Afterwards, take a deep breath to full inspiration, hold your breath briefly and then follow this by a forced expiration (a hard and fast breath out). This should stimulate a cough and help you clear the sputum.

The above sequence can be repeated as directed by your physiotherapist or as necessary.

## **How to clean it?**

It is very important that the Aerobika is kept clean to prevent the spread of infection

## **How to clean your Aerobika**

It is advisable to clean after each use:

- Take the Aerobika apart and soak all parts in warm soapy water **OR** place in the top rack of a dishwasher.
- Rinse in warm water, and place to air dry on a clean piece of kitchen roll
- Once dry, store in a clean, dry container.
- It is advisable to sterilise your Aerobika daily by one of the following techniques:
  - Using a steam steriliser **or**
  - Soaking in sterilising solution for 30 minutes **or**
  - Boiling in a pan of water for 5 minutes

Please ensure all parts of the device are fully dried before putting it back together.

## Contact details

If you need any help or advice please contact:  
Respiratory Physiotherapy Team  
West Suffolk NHS Foundation Trust  
Hardwick Lane, Bury St Edmunds, IP33 2QZ  
Tel: 01284 713570

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)*

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