Respiratory Muscle Training

What is it?
- Exercises to make breathing and swallowing muscles stronger
- Use 2 devices

For patients with
- Problems swallowing
- Weak speech muscles
- Shortness of breath
- Weak cough
Inspiratory Muscle Training Directions

- Breathe out
- Put trainer in mouth
- **Suck in**
- Breathe out between repetitions
- Repeat

**What you should hear**
- Burst of air through device

**What you should feel**
- Chest rising
- Stomach expanding
Expiratory Muscle Training Directions

- Take big breath in
- Put trainer in mouth
- **Blow** into trainer
- Breathe in between repetitions
- Repeat

**What you should hear**

- Burst of air through device

**What you should feel**

- Muscles tightening in stomach
- Muscles tightening in throat