

# 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

