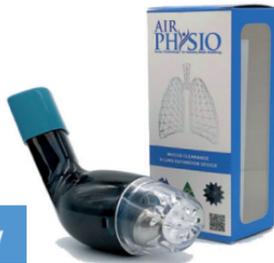


AIR PHYSIO

Airway Physiotherapy for Naturally Better Breathing



Oscillating Positive Expiratory Pressure Therapy

PROUDLY SUPPORTING



OPEP Mucus Clearance and Lung Expansion Device

AirPhysio® is a drug-free handheld lung physiotherapy device. It uses an all natural Oscillating Positive Expiratory Pressure (OPEP) process to create pressure and vibration causing the mucus to loosen and move progressively up the airways, to the throat, until it can be coughed out or swallowed.

The **AirPhysio®** device also assists to increase lung capacity and open blocked and semi-closed airways. OPEP therapy has proven to be an effective means of clearing the airway for individuals with any of the following respiratory conditions:

- Asthma;
- Atelectasis;
- Bronchiectasis;
- Chronic Obstructive Pulmonary Diseases (COPDs), such as Chronic Bronchitis and Emphysema;
- Cystic Fibrosis;
- Other conditions producing retained secretions.

The **AirPhysio®** device can also be used as an adjunctive therapy to prevent pulmonary complications in patients after surgery (i.e. cardiac and abdominal surgeries). The use of the **AirPhysio®** device facilitates secretion mobilization, prevents atelectasis, and increases lung volume of patients postoperatively.

How Often to Use AirPhysio®

Use the device for up to 10 mins, once or twice a day when symptoms show or as required. To maintain lung hygiene and maximum lung capacity, use at least once per week after symptoms cease, as this will help maintain better breathing.

How Does AirPhysio® Work?

When you exhale through the device, a positive pressure is created in your lungs which will assist in strengthening and lung expansion. This pressure is created, even when the steel ball is not moving. As your lung strength increases, your breath will move the steel ball bearing, lifting it above the cone, breaking the seal between the cone and the ball bearing. The steel ball bearing movement creates an oscillating pressure to assist in vibration of the airways which will further assist to loosen mucus from the airway walls.

How to Use AirPhysio® Device:

1. Gather a glass of water and box of tissues, relax and assume a proper sitting or standing posture.
2. Slowly inhale beyond a normal breath, but do not fill lungs completely.
3. Hold breath for 2 to 3 seconds.
4. Place the **AirPhysio®** device in mouth, exhale through the device at a reasonably fast rate but not too forcefully, using abdominal/deep breathing. Do not empty the lungs and use lip balm if your lips dry out in the process.
5. Once your lungs are at optimal lung capacity to lift the ball bearing, adjust tilt to feel maximum vibrations within your chest and keep cheeks stiff. If the ball bearing is not moving this is normal for some people starting out. Continue using **AirPhysio®** until lung strength improves over time.
6. After exhaling through the device, you may feel mucus accumulating at the back of your throat. If so, initiate a cough to expel the mucus. If not the **AirPhysio®** has started this process and the mucus will continue working up to the throat (even after 5-10 minutes use). And you may swallow the mucus as the mucus is expelled, as per normal bodily processes.
7. Repeat steps 2 through 4 for up to 10 minutes. Feel free to stop and relax while taking deep breaths to prevent light headedness. Begin again when ready.



Caution: This method may make you feel lightheaded. This is normal due to the amount of carbon dioxide being exhaled. When you feel lightheaded, take a break and breathe normally until the lightheaded feeling passes. If you try to overexert and push yourself too far, there is a chance that you may pass out and lose consciousness.

Disclaimer: Results from the use of **AirPhysio®** device may be different person to person, based on their physical fitness, severity of mucus clearance issues and pre-existing medical conditions.

Caution: Choking Hazard

Keep out of the reach of children and do not allow the **AirPhysio®** device to be used by unsupervised children. The device is designed to be pulled apart for cleaning and therefore the internal parts can become choking hazards.

How to Unlock the Child-Resistant Clear Top Cap

1. Grasp the clear cap with one hand and the body with the other hand
2. Twist the cap 0.3" anti-clockwise (note: the cap may be stiff when twisting, (as to deter children from opening the device))
3. Lift the clear cap from the body of the device and disassemble for cleaning
4. Pull clear cap away from blue body



How Do I Clean the AirPhysio® Device?

There are 2 ways to clean your device- A) Assembled or B) Disassembled. Cleaning your device is good for hygiene and the prevention of spreading bacteria and germs. Most people find it necessary to clean the device after each session to remove moisture and/or mucus from the internal components.

A) Assembled

1. Wash in a solution of water with mild soap or disinfectant solution
2. Rinse and allow to air dry and/or shake to assist removing excess water
3. Place in a drying tray with the mouthpiece facing down to allow water to drain away and dry
4. Allow the device to dry in the open at room temperature

B) Disassembled

1. Disassemble the device as per the above instructions 'How to unlock the child resistant clear top cap'
2. Wash in a solution of water with mild soap or disinfectant solution
3. Rinse and allow all the components to dry in the open at room temperature
4. Reassemble device & store in a clean, dry location

Warning: Chlorine bleach or other products containing chlorine (eg dishwashing detergent) should not be used for cleaning the device

Device Components of AirPhysio®

- 1 x Child Resistant cover (Poly-Carbonate Plastic)
- 1 x Mouthpiece and Base with Inbuilt Cone (Poly-Carbonate Plastic)
- 1 x Ball Bearing (Stainless Steel)



Storage Conditions

Store in a cool dry place outside of direct sunlight

Cautions and Warnings

Contraindications: Please consult your doctor if you have any of the following Conditions prior to using the **AirPhysio®** device.

- Untreated pneumothorax;
- Tuberculosis;
- Hemoptysis (coughing up blood)
- Oesophageal surgery;
- Right-sided heart failure;
- Middle ear pathology, i.e ruptured tympanic membrane.

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As a small boutique company from Australia, we pride ourselves on our innovative, life changing products, and our wish is that it brings you improved activity and performance results through better breathing.

Did you have any problems?

If something is not right with your product, please email us on info@airphysio.com. Make sure you tell us the purchase details and a picture of the problem that really helps.

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