



Patient Information

Using your Aerobika to clear your chest

How does the Aerobika work?

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

Using your Aerobika

A member of the team will show you how to use the Aerobika. This guide is a reminder for you.

1. Take your reliever inhaler (Salbutamol / Bricanyl) 10 minutes before starting treatment.
2. Treatment can be carried out in sitting or a forward lean position.
3. Relax your stomach muscles and take a few normal breaths before using the Aerobika.
4. Close your lips around the mouthpiece of the Aerobika making sure there is a good seal.
5. Take a slightly bigger than normal breath in through your nose and then breathe out through the Aerobika. You should feel vibrations on your chest wall.
6. Repeat eight to ten times.
7. Take one large breath and blow out forcefully through the Aerobika.
8. Following this, you should put the Aerobika down and huff and cough to clear any sputum. You should then have a period of relaxed breathing before continuing.

This cycle should continue until you have cleared all your sputum. Repeat morning and night routinely and add in during the day if you have increased sputum production

Cleaning the Aerobika

The Aerobika should be taken apart, cleaned in hot soapy water and dried thoroughly after each use and disassembled into its parts.

Replace your Aerobika regularly via a prescription from your General Practitioner (GP).



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To Clean your Aerobika

Detach the mouthpiece and then the cover by placing your forefinger and thumb on the three lines allocated toward the mouthpiece and gently pressing and lifting up. Gently detach the rocker assembly from the platform base.

Wash the Aerobika in warm soapy water and then rinse thoroughly with clean water and allow parts to air dry.

Sterilising

You should sterilise the Aerobika at least once a week using a steam steriliser or putting it in a clean bowl of boiling water. Do not use a microwave steriliser.

Storing

When it is dry, you should either wrap it in a lint-free cloth, place it in the bag provided or put it in a clean plastic container with a lid and keep it in a dust-free environment.

Do not store the Aerobika on a windowsill or in direct sunlight.

For further information please talk to your Physiotherapist or ring the office on 01793 605126 – Monday to Friday 8:00-16:30 -this has an answerphone service if the office is unmanned.

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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