

ARC Respiratory Training Patient Instructions

1. Respiratory Training Program Overview

- This training packet is intended to help you complete the respiratory exercises recommended by your speech therapist. It is important that you follow the training instructions and demonstrations that were provided to you by your therapist during clinic. If you have questions about your devices or have forgotten how to use them, please address your concerns with your therapist during your next clinic visit. Additionally, for help with the **blue** device, visit www.emst150.com, select the “EMST 150 device” dropdown menu, and then select “How to Train Video and Instructions”. Although not expected, if you do begin to experience any pain, discomfort or fatigue while completing the exercises, please discontinue the training and inform your therapist of these symptoms during your next clinic visit.
- ***Please remember to bring your training log (enclosed in this packet) and your devices to any upcoming clinic visits*** so your therapist can check the devices and watch you complete a few repetitions with the devices to make sure you are completing them correctly.

2. Respiratory Training Instructions

- **Training Sets:**
 - You will complete 5 sets of 5 repetitions for a total of x25 daily repetitions on the expiratory (blue) device during each training session. For these exercises, remember to hold your cheeks and wear your nose clips.
 - You will complete 5 sets of 5 repetitions for a total of x25 daily repetitions on the inspiratory (clear) device during each training session. For these exercises, remember to wear your nose clips.
 - You will complete one training session (expiratory + inspiratory repetitions) per day, 5 days per week.
 - Your rest days will be _____ and _____.
- **Training Log:**
 - Begin each training session by locating your training log and filling out the date.
 - After you complete a set of repetitions, check off the corresponding box in the log. At the end of the training session you should have 10 boxes checked off (representing 5 expiratory sets and 5 inspiratory sets):

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 1	EXPIRATORY																									
	INSPIRATORY																									

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 2	EXPIRATORY																									
	INSPIRATORY																									

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 3	EXPIRATORY																									
	INSPIRATORY																									

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 4	EXPIRATORY																									
	INSPIRATORY																									

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 5	EXPIRATORY																									
	INSPIRATORY																									

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 6	EXPIRATORY																									
	INSPIRATORY																									

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 7	EXPIRATORY																									
	INSPIRATORY																									

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 8	EXPIRATORY																									
	INSPIRATORY																									

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 9	EXPIRATORY																									
	INSPIRATORY																									

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 10	EXPIRATORY																									
	INSPIRATORY																									

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 11	EXPIRATORY																									
	INSPIRATORY																									

		Day 1 Date: _____					Day 2 Date: _____					Day 3 Date: _____					Day 4 Date: _____					Day 5 Date: _____				
Sets:		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Week 12	EXPIRATORY																									
	INSPIRATORY																									