berception of dyspnoea. or with an abnormally low from frequent, severe exacerbations symptom perception and suffer for asthma patients who have low • POWERbreat1he EX1 is not suitable

Contraindications:

suitable for you to whether the POWERbreathe EX1 is consult a healthcare professional as If you have any doubts, please

> abdominal surgery or have an If you have undergone recent

- severe heartburn If you suffer from symptoms of
- gastroesophageal reflux disease If you have untreated
- If you have had head/neck surgery chronic obstructive lung disease
- If you have asthma, emphysema or
- If you have cardiac abnormalities
- If you have had a recent stroke
 - If you have a tracheostomy rranspiant

trom a lung resection or lung If you are undergoing or recovering (condping up blood) If you have active haemoptysis

from oesophageal surgery

 If you are undergoing or recovering (uozepieeaz)

If you suffer from Epistaxis

Fluid Drainage (CSF drainage) If you are undergoing Cerebrospinal peing pregnant

If you are pregnant or suspect

 Farge bullae on chest x-ray (hypertension).

uncontrollable high blood pressure If you have untreated and

be used prior to full recovery. the POWERbreathe EX1 should not buenmothorax and/ or broken rib, condition. Following a traumatic may lead to a recurrence of the ınlary e.g. broken rib), as it that was not due to traumatic pneumothorax (a collapsed lung

 A history of spontaneous POWERbreathe EX1 device: professional before use of the guidance from your medical have been highlighted to require Additionally, the following conditions

Precautions

doubt, consult your doctor. symptoms have disappeared. If in use your POWERbreathe EX1 until infection, we advise that you do not sinusitis or respiratory tract If you are suffering from a cold,

ECREP HaB GmbH,

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Email: enquiries@powerbreathe.com

EMT / IMT devices with supervision consult your doctor. 16 should only use POWERbreathe symptoms persist, you should Anyone who is under the age of between the mouth and ears. If

ear discomfort when training with

nutil recovered and take longer

If you start to feel dizzy using

immediately and consult your

the POWERbreathe EX1, stop

but it should not be painful. If

feel resistance when exhaling

POWERbreathe EX1 you should

suitable for children under 7 years.

EX1 contains small parts and is not

from an adult. The POWERbreathe

Whilst training with the

you should feel pain whilst using

POWERbreathe EMT, please pause

gaps between breaths.

intended or implied. inadequate equalisation of pressure muscles only. No other use is from a cold. This is caused by for exercising your expiratory especially if they are recovering • The POWERbreathe EX1 is designed the POWERbreathe EMT device,

 Some users may experience slight diagnose, treat, cure or prevent any This product is not intended to

users, including family members. your POWERbreathe EX1 with other recommend that you do not share transmission of infections, we

 To prevent the potential running, and driving. distracted, such as walking, activities where you may become device whilst taking part in other Do not use the POWERbreathe EMT

consulting your doctor. treatment programme without brescribed medication of prescribed Do not make changes to any

ensure that you use the POWERbreathe EX1 device safely and appropriately: read the following - Precautions and CONTRAINDICATIONS information, to suitability or you have a medical condition, please consult your doctor. Please used properly. If you have any doubts about the POWERbreathe EX1 device's suitable for almost anyone and should cause no harmful side effects when The POWERbreathe EX1 is an Expiratory Muscle Trainer that is drug free,

Precautions

breathing strength and control will remain when you revert back to nose your mouth as opposed to your nose, the additional improvements in training with the POWERbreathe EX1 requires you to breathe out through nasal breathing to filter, warm and moisturise the air you inhale. Although yoga, which promote the use of nasal breathing. We always recommend You may be aware of certain breathing techniques, such as those used in

in normally, allowing you to breathe air into the lungs ready for the next diaphragm. When breathing in, there is no resistance and you can breathe the internal intercostals, transverse abdominus, abdominal muscles and of resistance training acting on the muscles used to exhale – primarily will notice that you have to work harder to breathe out. This is the effect strength of your arm muscles. When training with POWERbreathe EX1, you harder, in much the same way as you might use weights to increase the strengthens the expiratory breathing muscles by making them work POWERbreathe EX1 uses a technique known as resistance training. This berformance and endurance.

It can also be helpful for musicians, vocalists and athletes to improve their sbeak, cough and swallow.

Spinal cord injury, as well as other conditions which impact the ability to be helpful for Stroke rehabilitation, Parkinson's Disease and people with used for breathing out. Expiratory muscle training has been shown to Used correctly the POWERbreathe EX1 will strengthen specific muscles

POWERbreathe EX1 in just a few weeks. Used properly, you should begin to enjoy the benefits of using your Training (EMT) / Expiratory Muscle Strength Training (EMST) device. Thank you for purchasing the POWERbreathe EX1 Expiratory Muscle

Dear Customer,

breathing after training.

Introduction

Technical Specifications and Load Selection Range.. Contact Information Warranty.. POWERbreathe EX1 Assembly Finding Your Correct Training Load...... Getting Started with POWERbreathe EX1 Product Description – Content..... Introduction .

Contact Information

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Warwickshire CV47 0FG,

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Telephone: +00 1 (0)734 996 5900 www.powerbreathe-usa.com

For other territories please visit: www.powerbreathe.com

Developed, designed and manufactured with pride in the United Kingdom



Disclaimers

POWERbreathe devices are not toys. This product is designed to be used for breathing exercise only.

Any other use is not recommended. Always seek the advice of your doctor or other health provider with any questions you may have regarding a medical condition. This product is not intended to diagnose, cure or prevent any disease. Individual results may vary. No claims are made or implied in the use or results using the equipment herein.

Always read the user manual before use.

The material in this manual is for information purposes only.

POWERbreathe devices contain small parts and are not suitable for children under 7 years. Note: This product is sealed to maintain hygiene and cannot be returned if the seal is broken. POWERbreathe International Ltd makes no representations or warranties with respect to this manual or with respect to the products described herein. POWERbreathe International Ltd shall not be liable for any damages, direct, indirect or incidental, consequential or special, arising out of or related to the misuse or deviations from the intended use of this material or the products described herein.

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Technical Specifications

Mouthpiece material:	.Thermoplastic elastomers (TPE)
Handle cover	.Polycarbonate
Soft touch adjuster grip	.ABS with Santoprene overmoulding
Flap valve	.Silicone 60
0-ring	.Nitrile rubber
All other components	.ABS (Acrylonitrile Butadiene Styrene)

Load Selection Range

Model Load (cmH ₂ 0)											
Load Setting											
	0	1	2	3	4	5	6	7	8	9	10
EX1-LR	10	17	24	31	38	45	52	59	66	73	80
EX1-MR	35	49	63	77	91	105	119	133	147	161	175
EX1-HR	55	72	88	105	121	138	154	171	187	204	220

MR MFDIUM HFAVY RESISTANCE RESISTANCE RESISTANCE

Key to Resistance Levels

Light Resistance Beginner level for people using EMT for the first time. Medium Resistance Intermediate level for people who are moderate to

Heavy Resistance For those who have reached the top level of the

EX1-MR.



Contents



www.powerbreathe.com



ENG PB650 EX1 User Manual English

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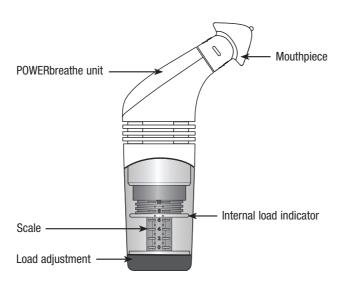
Precautions

- Do not use the POWERbreathe EX1 if you are suffering from a ruptured eardrum or any other condition of the ear.
- POWERbreathe EX1 is not suitable for patients with marked elevated left ventricular end-diastolic volume and pressure.
- POWERbreathe EX1 is not suitable for patients with worsening heart failure signs and symptoms after Respiratory Muscle Training (RMT).
- Do not use the POWERbreathe EX1 if you have suffered from or are likely to suffer from Costochondritis
- POWERbreathe EMT devices should not be used if you are suffering from excessive intraocular eye pressure

If in doubt, consult your respiratory health professional.

For further information on the clinical effectiveness of POWERbreathe devices please visit www.powerbreathe.com.

Product Description – Content







Storage pouch

User manual

Finding Your Correct Training Load

Try to complete 5 breaths at load 0 using the breathing method described. Don't worry if you cannot manage to complete 5 breaths in one attempt straight away. Everyone is different and it can take time to build up your breathing muscles.

- If you can complete 5 breaths with ease, turn the load adjustment knob clockwise by one full turn to increase the training load, then repeat the exercises.
- In this way, by gradually increasing the load until you can only just complete 5 breaths, you will find the best training load for you.
- Once you have found the correct load, aim to complete 5 sets of 5 breaths a day with a minute's rest between sets and do this 5 times a week
- Over time you will find that it becomes easy to complete 5 sets of 5 breaths a day at the load you are training at. When this happens, increase the training load by roughly a quarter turn, so that you are only just able to complete 5 sets of 5 breaths a day. Note: the scale is for guidance only do not feel that you have to move up one entire increment each time you increase your training load. You can adjust the knob a quarter, half or a full turn depending upon your needs.

Maintaining your breathing

After 5 weeks your breathing muscles should have improved substantially and your breathing muscles should feel stronger. At this stage you will not need to use your POWERbreathe EX1 every day to maintain your improvement. Training with your POWERbreathe EX1 device just 3 days a week should be sufficient.

Cleaning

Your POWERbreathe will be exposed to saliva during use and we recommend that you clean it frequently to keep it in good working order.

A few times a week, soak your POWERbreathe EX1 in warm water for about ten minutes and then wipe it with a soft cloth under warm, running water, paying particular attention to the mouthpiece. Shake off excess water and leave on a clean towel to dry.

Once a week perform the same procedure but soak your POWERbreathe EX1 in a mild cleansing or approved cleaning solution instead of water. The cleansing solution used must be intended for use on equipment that comes into contact with the mouth, such as that used for babies' bottles.

POWERbreathe cleansing tablets are available from some POWERbreathe distributors or visit www.powerbreathe.com

To keep your POWERbreathe EX1 in top condition, after cleansing hold it upside down under a running tap so that water can run through the device. Shake off excess water and leave on a clean towel to dry.

Noto:

- The POWERbreathe EX1 is not suitable for dishwasher use
- Do not dry on hot surfaces

Getting Started With POWERbreathe EX1

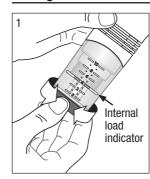


Diagram 1: Adjusting the POWERbreathe

Remove the POWERbreathe EX1 from the packaging. Holding the POWERbreathe EX1 upright, practise adjusting the training load: Rotate the load adjustment knob clockwise to increase the training load; rotate the load adjustment knob anticlockwise to reduce the training load. Notice that a numbered scale is visible on the side of the POWERbreathe EX1. As the load adjustment knob is rotated, the internal white indicator band will move up or down, indicating your current training load on this scale. See page 8: Finding your correct training load to set the correct resistance for you to train at.

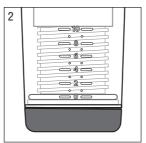


Diagram 2: Load 0

Now set the POWERbreathe EX1 to load 0. At this load the base of the internal white band should be aligned with the lowest number on the scale, as shown in the diagram. Note: Do not attempt to reduce the load below 0 as this may damage the adjustment thread.

Getting Started With POWERbreathe EX1

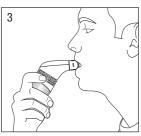


Diagram 3: Placing the POWERbreathe EX1 in your mouth

Make sure you are sitting or standing upright and feel relaxed. Holding the POWERbreathe EX1 by the handle, place the mouthpiece in your mouth so that your lips cover the outer shield to make a seal, and the mouthpiece bite blocks are gripped between your upper and lower teeth.



Diagram 4: Inhaling through the POWERbreathe EX1.

Firstly, breathe in slowly and passively, as far as you can, filling your lungs with as much air as possible. Hold for 1 second.

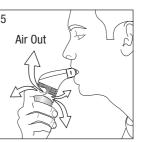


Diagram 5: Exhaling through the POWERbreathe EX1.

Take a fast, forceful breath out through the mouthpiece, breathing out as much air as you can.

Note: do not pant - if you start to feel light headed, slow down and pause at the end of your breath out.

Once you have found the correct load, aim to complete 5 sets of 5 breaths a day with a minute's rest between sets and do this 5 times a week.

Warranty

* This warranty gives the purchaser specific legal rights. The purchaser may also have other statutory rights. POWERbreathe International Ltd. hereby warrants to the original purchaser whose name shall be duly registered with it that the product sold by it is free from defects in the material and workmanship. The obligations of POWERbreathe International Ltd. under this warranty are limited to the repair and replacement of such part or parts of the unit as shall be found upon inspection to be defective in material or workmanship. Misuse, abuse or accidents, negligence of the precautions, improper maintenance or commercial use, cracked or broken cases are not covered under this warranty. During the two-year warranty period, the product will be either repaired or replaced (at our option without charge). Warranty does not cover damage or consequential damage caused by service not authorised by POWERbreathe International Ltd. The warranties contained herein are expressly in lieu of any other warranties including implied warranty of merchantability and / or fit for purpose.

To Activate Your Warranty Please ensure that you register the purchase of your POWERbreathe EX1 by visiting www.powerbreathe.com
Thank You.

POWERbreathe EX1 Assembly

