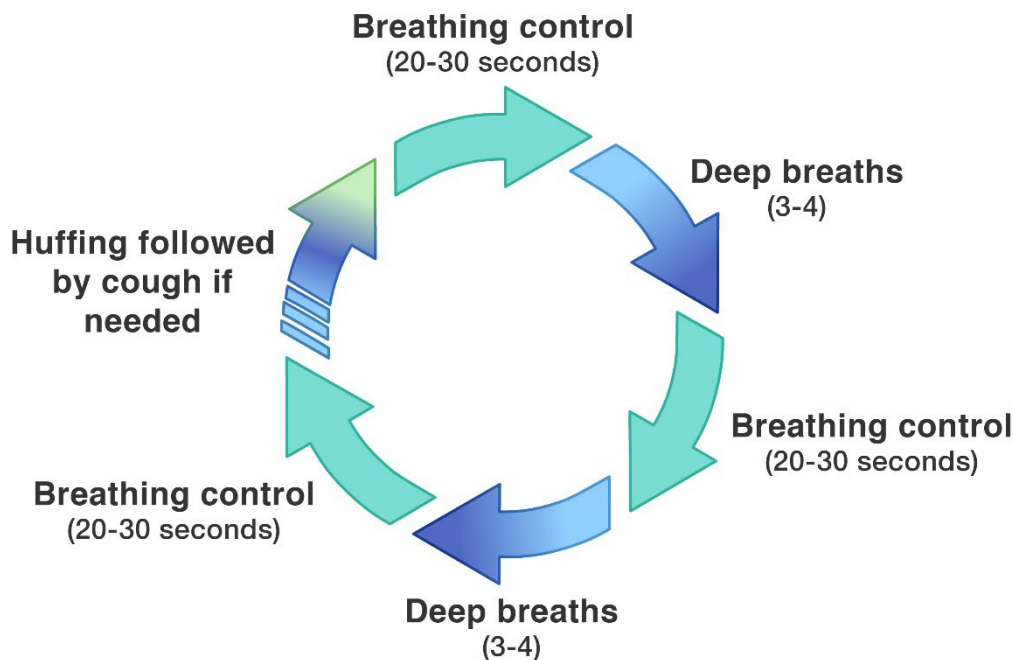


Active cycle of breathing (ACBT)

Reviewed by SickKids Staff

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1. Do _____ relaxed diaphragmatic “belly” breaths. Make sure your upper chest and shoulders are relaxed.
2. Do three to four lateral-costal “side” breaths. Make sure the sides of your chest wall move out. Hold each breath for 3 seconds before you breathe out.
3. Repeat steps 1 and 2 _____ times.
4. Do _____ relaxed diaphragmatic “belly” breaths.
5. Do 3 huffs and try to cough out your secretions.
6. Repeat steps 1 to 5 _____ times.



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Watch this video to see someone performing active cycle of breathing (<https://youtu.be/aPSBSXnDiRw>).

