

Oscillating PEP (Acapella and Aerobika devices)

Reviewed by SickKids Staff

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1. Sit comfortably with your elbows resting on a table.
2. Do five deep diaphragmatic breaths (your stomach moves out as you breathe in and flattens as you breathe out). When you breathe out, purse your lips like you are going to whistle.
3. Place the mouthpiece securely in your mouth to form a good seal.
4. Take a medium-sized breath in through the device and hold for _____ seconds before breathing out. The breath out should be slightly active, taking 3 to 4 seconds. It should not be forced and should take two to three times longer than the breath in. Repeat _____ times. Setting .
5. Remove the device from your mouth and huff 3 times and then cough to clear your secretions.
6. Repeat steps 1 to 6 _____ times. Do this _____ times per day.

Acapella OPEP devices



Aerobika OPEP device



Watch this video of someone performing oscillating PEP (<https://youtu.be/cbXUDSj7kgI>).

