

Respiratory Muscle Training (RMT): Home Exercise Program

What is the goal of RMT?

Resistance training to strengthen muscles for:

- Swallowing
- Coughing
- Breathing

How to complete Expiratory Muscle Training?

Goal: 25 repetitions, 1 time a day, ___ cmH₂O 5 days a week

- Take a big breath then blow into the trainer
- Rest for at least 2 seconds between repetitions
- After 2 weeks, if easy, you may increase to 2 times a day

What you should feel/hear: Burst of air through the device

Effort Level: ___ (1=no effort, 10=nearly impossible)



How to complete Inspiratory Muscle Training?

Complete: 25 repetitions, 1 time a day, ___ cmH₂O 5 days a week

- Breathe out, put trainer in mouth, then suck in
- Rest for at least 2 seconds between repetitions
- After two weeks, if easy, you may increase to 2 times a day

What you should feel/hear: Burst of air through the device

Effort Level: ___ (1=no effort, 10=nearly impossible)

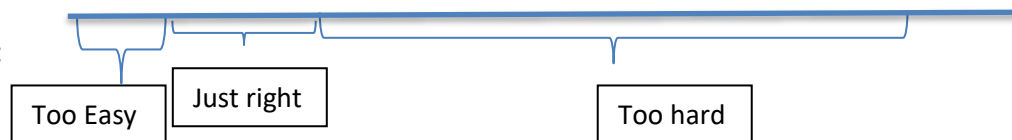


Why should I measure my effort level?

Muscle strength builds best when working at the right level (not too hard or too easy)

Effort level: 1 2 3 4 5 6 7 8 9 10

Interpretation:



Reminders:

- If you notice any light-headedness, dizziness, extreme muscle fatigue, or pain during your exercises, STOP. These symptoms should go away quickly with a break.
- After two weeks of successfully completing exercises 1 time a day, you may choose to increase exercise frequency to 2 times day.
- Please DO NOT increase resistance level on trainers without consulting your SLP.
- If you have any concerns, please call 919-684-3859