

# Exercises to help clear your chest

Following COVID-19 you may find that you have a productive cough and mucus on your chest.

These exercises and positions can help you clear your chest. These may be recommended by your physiotherapist or nurse following COVID-19.

**Active Cycle of Breathing Technique (ACBT)** exercise consists of three breathing exercises that together help to clear the mucus off your chest.

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## 1. Breathing control

- Gentle, relaxed breathing with your shoulders relaxed

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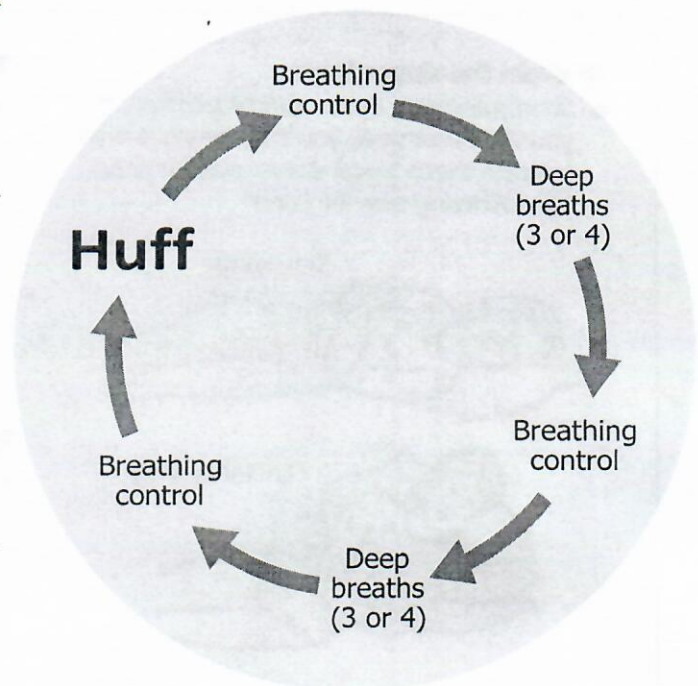
## 2. Deep breaths

- Breathe in slowly and deeply
- Gently breathe out without forcing it
- Repeat 3-4 times only (too many can make you feel dizzy)

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## 3. Forced expiration techniques (Huff)

- Take a medium sized breath in
- Breathe out forcefully for a short time
- Keep your mouth open and use your stomach and chest muscles
- Think 'huffing' a mirror to polish it
- Repeat 1-2 times
- Always finish on a cough or huff
- Stop when your huff is dry on two consecutive cycles



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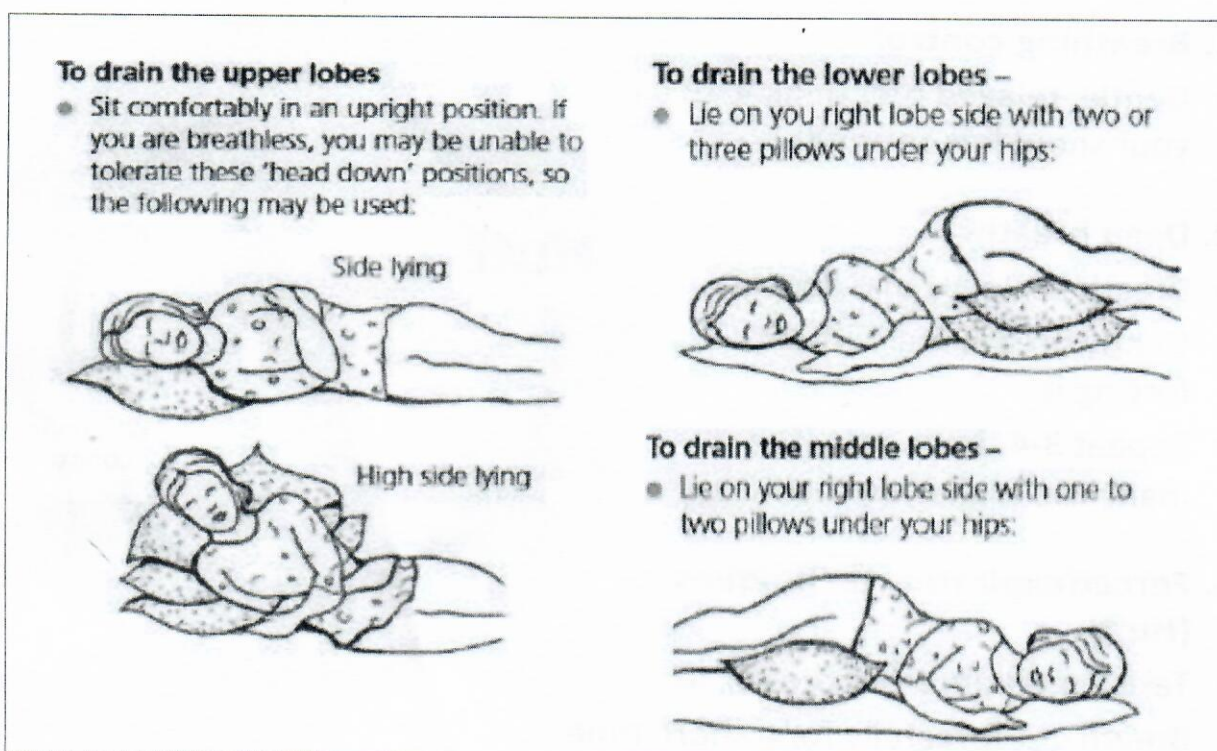
## How often and how long?

- Continue to do until you feel your chest is clearer
- Clear as much mucus as you can without becoming exhausted
- Perform for at least 10 minutes, but no longer than 30 minutes
- If productive 2-3 times per day

## Positions to help keep your chest clear

Use the following positions, along with ACBT to help clear your chest. However:

- don't use immediately before or after a meal
- stop if you have any side effects
- chose the position below that you feel would best drain your lungs, you can do this in discussion with a health care professional.



**Do not do this if have:**

- Nausea
- Acid Reflux
- Become significantly breathless
- Have blood in your phlegm
- Have a recent chest, spine or rib injury
- Feel wheezy

**If you have any of the above, please speak with a health care professional before doing this.**