

Acapella®

The Acapella® is a small hand held device for airway clearance. It has both resistive and vibratory features, which help loosen and clear secretions from your chest.



- In a comfortable position eg sitting, lying down on your side or back (as advised by your physiotherapist)
- Breathe in through your nose or mouth. Hold your breath for approximately 2-3 seconds.
- Keep your cheeks held in to maximise the vibration felt in your lungs.
- Breathe out through the Acapella gently but actively (not too much force!)
- Breathe out for approximately 3-5 seconds (or as instructed by your physio) so that you can feel vibrations in your chest.
- Try not to cough.
- Repeat for 8-10 breaths.
- Then huff 2 times and cough.
- Repeat this for 10-15 minutes or until your chest feels clear.

Oxford Paediatric Physiotherapist - Cystic Fibrosis
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For more information on airway clearance:
[http://www.cysticfibrosis.org.uk/media/151218/FS%20%20-Physiotherapy%20airway%20clearance v4 Apr 2013.pdf](http://www.cysticfibrosis.org.uk/media/151218/FS%20%20-Physiotherapy%20airway%20clearance%20v4%20Apr%202013.pdf)

Things to remember

- If prescribed, take DNase at least 1 hour before physio.
- Make sure you have taken any 'blue' inhalers, known as bronchodilators around 10 minutes prior to physio.
- If prescribed, take nebulised antibiotics eg colomycin after your physio session.

Cleaning:-

- After **every use** take the Acapella apart
- Wash in hot soapy water.
- Rinse and leave to air dry between uses.
- Sterilise once a week
- Please contact one of your local physiotherapists if you notice any defects with any part of your Acapella.

Your physiotherapy routine

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