

# Active Cycle Of Breathing

## What is it?

It is a combination of different breathing techniques to help clear mucus from your lungs.

The three phases of the technique are:

1. Controlled breathing
2. Deep breathing
3. Huff coughing

These three parts are used to relax your airways, get air behind the mucus to move it and help to clear it out.

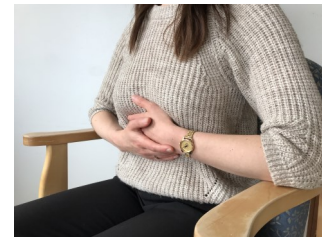
## Step 1: Controlled Breathing

- Breathe in through your nose and out through pursed lips.
- Your abdomen should rise as you breathe in.
- Take normal sized breaths.



## Step 2: Deep Breathing

- Take a deep breath into your abdomen.
- Breathe out slowly.
- Repeat this 3-4 times.



## Step 3: Huff Cough

- Have your chin slightly up and mouth open.
- Take a medium size breath in and hold for 2-3 seconds.
- Push air out quickly using your abdomen making a "HUH" sound.



Similar to **fogging up a mirror with your breath.**