

BREATH CONTROL

PURPOSE: To establish good breathing control

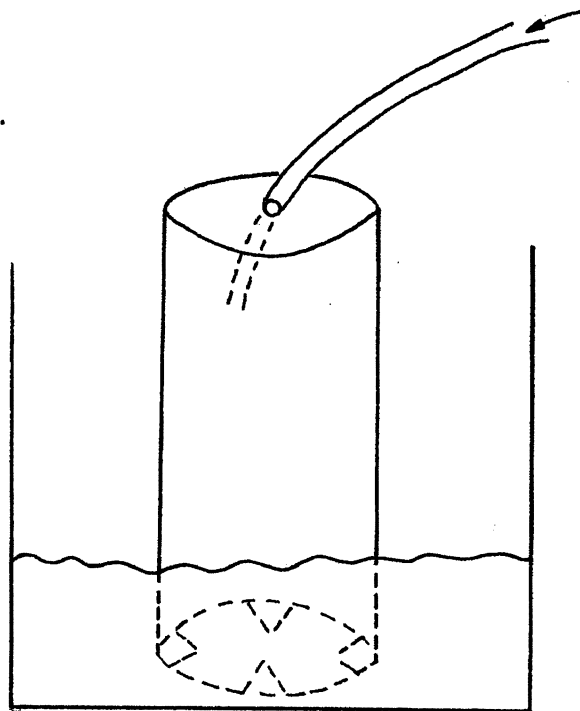
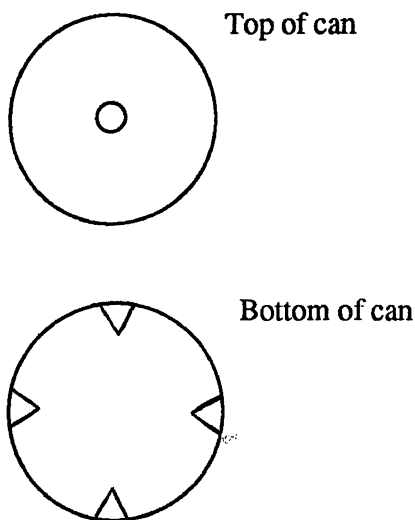
APPARATUS: Large juice can, rubber tube and two occluders-- one with hole in it

METHOD:

1. Cut center hole in can as illustrated and at other end snip four openings as illustrated.
2. Put can into pail of water.
3. Instruct patient to insert rubber tube into single hole, and place the other end in his mouth.
4. He is to inhale through nose and blow out through the tube.
5. He is to blow until bubbles come up.
6. Increase pressure by putting more water in pail.
7. Patient is to blow 10 times.
8. Change occluders and have patient blow 10 times.
9. Repeat three times a day.

ASPECTS TO BE EMPHASIZED:

1. Be sure to inhale through nose.
2. Watch the bubbles through hole in the occluder.



MONOCULAR _____ BINOCULAR _____ SEPTUM _____ LENSES _____ TIME _____