

Anagram AG

BA-TUBE and Respiratory Muscle Training (PIP)

The aim of the respiratory muscle training is to increase inspiratory muscle strength and further enhance the elasticity of the chest wall. During the training the respiratory muscle resistance can be adjusted in the BA-TUBE-device on a scale 0 to 7. Scale figure 0 means that the air orifice is closed – maximum resistance.

The following method is recommended for positive inspiration pressure training:

One training session consists of 9 phases with overall duration of 10-15 minutes.

1. Set the orifice on the BA-Tube to the first number indicated in the enclosed training program. Take a steady standing position. Empty your lungs by exhaling in a relaxed manner. Put your lips tightly around the BA-Tube main orifice and inhale the air as forcefully as you can through the BA-TUBE until your lungs are filled. Remove the tube from your mouth and exhale in a relaxed manner. Repeat this for approximately 1.5 minutes.

The inhalation should be as forceful and complete as possible, and not as quick as possible. It takes 5 – 15 seconds to complete a good inhalation. Keep in mind that with a smaller orifice (lower numbers), the inhalation takes longer.

2. Take a 1 minute pause.
3. Set the orifice on the BA-Tube to the second number indicated in the enclosed training program and repeat the 1.5 min training above
4. Take a 1 minute pause.
5. Set the orifice on the BA-Tube to the third number indicated in the enclosed training program and repeat the 1.5 min training above.
6. Take a 1 minute pause.
7. Set the orifice on the BA-Tube to the fourth number indicated in the enclosed training program and repeat the 1.5 min training above
8. Take a 1 minute pause.
9. Set the orifice on the BA-Tube to the fifth number indicated in the enclosed training program and repeat the 1.5 min training above.

The training session is now completed.

See enclosed an example of a 8 week training program for positive inspiration pressure (PIP) training program. This program fits everyone without prohibitions of respiratory training given by a physician. The training frequency should be 5 to 7 days a week

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Eight week respiratory resistance training program

During the eight week training, the respiratory resistance should be altered in a 5 step sequence during the training as indicated below.

1st setting 1.5 minutes thereafter 1 minute normal breathing/relaxation,
2nd setting 1.5 minutes thereafter 1 minute normal breathing/relaxation,
and so on for all five settings

The complete training program requires approximately 12 minutes of your time each day and the training frequency should be 5 to 7 days each week. Use training schedule below for easy follow-up of your activities.

This training program fits any person that has not been given respiratory training restriction by a physician.

| | BA-Tube settings | | | | | Training schedule (✓) | | | | | | |
|-----------------|------------------|-----------------|-----------------|-----------------|-----------------|-----------------------|----|----|----|----|----|----|
| | 1 st | 2 nd | 3 rd | 4 th | 5 th | Mo | Tu | We | Th | Fr | Sa | Su |
| Training week 1 | 7 | 6 | 5 | 6 | 7 | | | | | | | |
| Training week 2 | 7 | 6 | 5 | 6 | 7 | | | | | | | |
| Training week 3 | 7 | 6 | 5 | 6 | 7 | | | | | | | |
| Training week 4 | 7 | 5 | 4 | 5 | 7 | | | | | | | |
| Training week 5 | 7 | 5 | 4 | 5 | 7 | | | | | | | |
| Training week 6 | 7 | 5 | 4 | 5 | 7 | | | | | | | |
| Training week 7 | 7 | 5 | 3 | 5 | 7 | | | | | | | |
| Training week 8 | 7 | 5 | 3 | 5 | 7 | | | | | | | |

After completion of this 8 week training program you are able to maintain the training level reached with 2-3 sessions training session per week. In these additional sessions, the training week 8 program should be used.

If you are in a good physical condition without dyspnoea in normal daily activities you may use more strenuous training program. Such a program could be

Training week 1: 7 5 4 5 7
 increasing to
Training week 8: 4 3 2 3 4

IMPORTANT NOTICE!

You should not perform any respiratory muscle training (PIP) during any major respiratory infection with fever or when you experience any other acute condition impairing your respiratory capacity. Mild rhinitis and coarseness of throat are not contraindications of training. Before you return to the training program, you should feel completely recovered. When you return to the training program, do not add any training session you have missed to your daily training session.