



Positive Expiratory Pressure Exerciser



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Made in Australia

(ARTG No. 292217)

Natural Lung Physiotherapy

Breathe your way to better health

*The Positive Expiratory Pressure Exerciser simply
and effectively loosens and eliminates mucus
from your lungs and airways*



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Natural Lung Physiotherapy

The PEPE is a hand held natural lung physiotherapy device. The PEPE uses both Positive Expiratory Pressure and oscillations. The Positive Expiratory Pressure opens up airways whilst the Oscillations help loosen and mobilise mucus and secretions in the lungs.

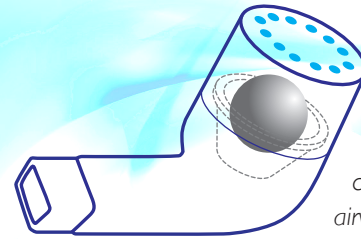
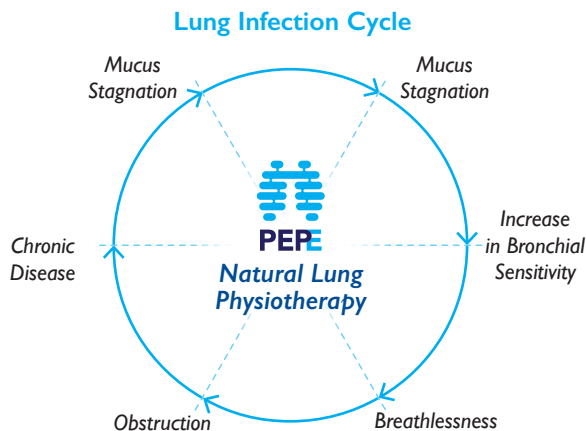
This combined action helps move the mucus up the airways so that it can be coughed out.

Intended use:

- Asthma
- Cystic Fibrosis
- Bronchiectasis
- COPD (Chronic Obstructive Pulmonary Disease)
- Most other disorders resulting in retained secretions
- Lung strengthening and training

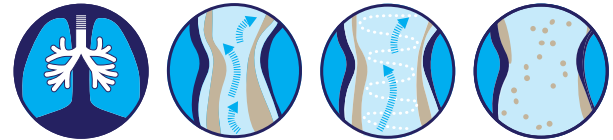
Why is Airway Clearance important?

In many chronic pulmonary conditions there is a build-up of secretions in the airways. These secretions, when stuck in the airways, make breathing difficult, can block air passages, and provide an ideal environment for bacteria to multiply. Therefore, airway clearance can be critical to your treatment. Daily airway clearance with the PEPE can help break this cycle of lung infection and damage.



How it works

The PEPE natural lung physio device helps facilitate mucus clearance. It vibrates the airways which loosens mucus and secretions from the airway wall. The intermittent increase in pressure helps keep the airways open during exhalation so that the mucus does not become trapped and can move up the airway. The rapid exhalation that creates the oscillations helps push the mucus up the airway to where it can be coughed out.



How to Use the PEPE*

Phase 1 – Mucus Loosening

Slowly inhale to $\frac{3}{4}$ of a full breath, place the PEPE in the mouth with the lips sealed and the tube of the PEPE is horizontal. Hold the breath for 2–3 seconds and exhale through the PEPE reasonably fast. Repeat 5–10 times.

Phase 2 – Mucus Elimination

Slowly inhale, perform the 2–3 second breath hold and then forcibly exhale through the PEPE as completely as possible. This forceful exhalation should move the mucus up to a level that triggers a cough.

Therapy is complete when no further mucus can be coughed up. Frequency and duration can be determined by a health professional.

