

Incentive Spirometer Instructions

The incentive spirometer unit I will be referring to is the Volumetric Exerciser Voldyne 5000. However, most other devices function similarly.

1. When first taken out of the package, the tubing and mouthpiece will be separate from the unit itself. The end of the tubing connects to the hole located slightly to the left in the front of the unit.
2. The yellow pointer piece on the right should be slid to the recommended goal number for your age as indicated in the charts below. It can also be used to mark your best breath taken as a goal to aim for when you take each additional breath.
3. Sitting up straight either by sitting on the side of the bed or raising the head of the bed all the way up helps to maximize your efforts.
4. Hold the incentive spirometer in front of you and let out a normal breath to fully empty your lungs.
5. Place the mouthpiece inside of your mouth and close your lips tightly around it.
6. Take a slow, deep breath. This will raise the piston in the chamber in the middle of the device. Where the top of the piston reaches indicates your total inspired volume in mL. Try to keep the top of the small yellow cylinder piece on the left side in the "best" section by breathing slowly and steadily.
7. Remove your mouth from the mouthpiece and hold your breath for a few seconds.
8. Exhale normally and allow the piston to drift all the way back down to the bottom of the device.

It is normally recommended to perform this routine approximately 10 times every hour while awake. A good rule of thumb is to do it at least once during every commercial break while watching television.

You should attempt to cough deeply after each hour to loosen up any secretions. Deep coughing means to try to tighten your abdomen and cough in such a way that moves air, and potentially secretions, all the way from the bottom of your lungs.

MALE / HOMBRE											FEMALE / MUJER											
HEIGHT / ALTURA											HEIGHT / ALTURA											
Age	58"	60"	62"	64"	66"	68"	70"	72"	74"	76"	78"	Age	58"	60"	62"	64"	66"	68"	70"	72"	74"	
	1.47m	1.52m	1.57m	1.63m	1.68m	1.73m	1.78m	1.83m	1.88m	1.93m	1.98m		1.47m	1.52m	1.57m	1.63m	1.68m	1.73m	1.78m	1.83m	1.88m	
20	2000	2200	2400	2600	2800	3000	3200	3400	3600	3800	4000	20	1900	2100	2300	2500	2700	2900	3100	3300	3500	3700
25	1950	2150	2350	2550	2750	2950	3150	3350	3550	3750	3950	25	1850	2050	2250	2450	2650	2850	3050	3250	3450	3650
30	1900	2100	2300	2500	2700	2900	3100	3300	3500	3700	3900	30	1800	2000	2200	2400	2600	2800	3000	3200	3400	3600
35	1800	2000	2200	2400	2600	2800	3000	3200	3400	3600	3800	35	1750	1950	2150	2350	2550	2750	2950	3150	3350	3550
40	1750	1950	2150	2350	2550	2750	2950	3150	3350	3550	3750	40	1700	1900	2100	2300	2500	2700	2900	3100	3300	3500
45	1700	1900	2100	2300	2500	2700	2900	3100	3300	3500	3700	45	1650	1850	2050	2250	2450	2650	2850	3050	3250	3450
50	1650	1850	2050	2250	2450	2650	2850	3050	3250	3450	3650	50	1600	1800	2000	2200	2400	2600	2800	3000	3200	3400
55	1550	1750	1950	2150	2350	2550	2750	2950	3150	3350	3550	55	1550	1750	1950	2150	2350	2550	2750	2950	3150	3350
60	1500	1700	1900	2100	2300	2500	2700	2900	3100	3300	3500	60	1500	1700	1900	2100	2300	2500	2700	2900	3100	3300
65	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200	3400	65	1450	1650	1850	2050	2250	2450	2650	2850	3050	3250
70	1350	1550	1750	1950	2150	2350	2550	2750	2950	3150	3350	70	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200
75	1300	1500	1700	1900	2100	2300	2500	2700	2900	3100	3300	75	1350	1550	1750	1950	2150	2350	2550	2750	2950	3150
80	1250	1450	1650	1850	2050	2250	2450	2650	2850	3050	3250	80	1300	1500	1700	1900	2100	2300	2500	2700	2900	3100

