Estimated Lung Age
52

RESPIRATORY MUSCLE THERAPY (RMT)

Purpose
RMT follows the principles of peripheral muscle exercise and increases inspiratory & expiratory muscle strength and/or endurance by muscle loading under short, precise protocols. Consistent use of RMT may help to optimize metabolic efficiency and promote diaphragmatic breathing for long-term benefit.

Protocol
Two sets of 10 full breaths (inspirations & expirations) twice daily at approximately 70-80% of max effort. Your RMT protocol is individualized based on your pulmonary function assessment, with gradual increase in protocol intensity optimize adaptations. On training days, it may be beneficial to perform RMT immediately prior to exercise as a portion of your warm-up. AVOID RMT after strenuous exercise to prevent overtraining.

4 WEEK PROTOCOL

WEEK	SESSION	INTENSITY		COMPLETED SESSION							
		Inhale	Exhale	S	M	T	W	T	H	F	S
1	Morning										
	Evening										
2	Morning										
	Evening										
3	Morning										
	Evening										
4	Morning										
	Evening										

Validated Benefits
Improved exercise-limiting shortness of breath, blood flow to exercising limbs, core strength & proprioception, delayed muscle fatigue, respiratory metaboreflex & onset of blood lactate, reduced oxygen consumption of respiratory muscles, and overall decreased risk of injuries. (Research available on website).

Instructions
Always perform RMT in a firm chair with a back while maintaining good posture, but with the shoulders dropped back and down. With the lips pursed around the device, inhale & exhale at approximately 70-80% of max effort for 3 seconds each (6 seconds total per breath). Be sure to keep the cheeks tight (not puffed) during the exhale and engage the diaphragm/core.