

Philips Threshold IMT

Philips Respironics Threshold IMT Lung Muscle Trainer Instruction Manual

Adjustable Constant Pressure Muscle Trainer

1. INTRODUCTION

The Philips Respironics Threshold IMT (Inspiratory Muscle Trainer) is a versatile device designed for both inspiratory muscle strength and endurance training (hyperinflation therapy) and mucus clearance therapy (Forced Expiratory Technique - FET). It provides consistent and specific pressure, regardless of breathing speed, to help improve respiratory function.

This manual provides detailed instructions for the safe and effective use of your Threshold IMT device.

2. DEVICE COMPONENTS AND SETUP

The Threshold IMT device comes with a mouthpiece and nose clips. It can also be adapted for use with a mask or connected to other respiratory equipment.

2.1 Attaching Accessories

- **Mouthpiece and Nose Clips:** For standard use, attach the provided mouthpiece to the device. Use the nose clips to ensure all breathing occurs through the mouth.
- **Mask:** The device can be attached to a mask, such as the OptiChamber Advantage mask, for users who prefer or require mask delivery.
- **Tracheostomy/Endotracheal Tube Adapter:** For patients with a tracheostomy or endotracheal tube, use a Cardinal Health adapter (Part #5923-504) to connect the device. This allows for T-piece trials without lung collapse.
- **Nebulizer Integration:** The device can be integrated with a nebulizer using wide bore tubing and a 22mm adapter. This allows for combined nebulizer and respiratory muscle training.
- **Supplemental Oxygen Adapter:** If supplemental oxygen is required, an adapter (Part #HS730A-001) can be inserted between the mouthpiece and the Threshold IMT device to supply additional oxygen or a gas source.

2.2 Adjusting Resistance

The Threshold IMT device features an adjustable resistance dial, ranging from 5 cmH₂O to 20 cmH₂O. To adjust the resistance, rotate the dial. Typically, you will start at a lower resistance (e.g., 5 cmH₂O) and

gradually increase it as tolerated by the patient.

Your browser does not support the video tag. This video demonstrates the setup and usage of the Philips Respironics Threshold IMT device, including attaching various accessories and adjusting the resistance dial.

Video: Philips Respironics Threshold IMT Device Overview and Usage

3. OPERATING INSTRUCTIONS

3.1 Hyperinflation Therapy (Inspiratory Muscle Training)

This therapy aims to strengthen inspiratory muscles and improve lung volume.

1. Ensure the mouthpiece is securely attached and the nose clips are in place (if not using a mask).
2. Set the resistance dial to the prescribed level, typically starting at 5 cmH₂O and gradually increasing as instructed by your healthcare provider.
3. Breathe slowly and deeply through the device, similar to how you would during a nebulizer treatment. Inhale slowly and deeply, then exhale slowly and deeply.
4. Perform the prescribed number of repetitions and sets.

The positive pressure generated by the Threshold IMT helps to distend airways, allowing medication (if combined with nebulization) to reach deeper into the lungs and preventing lung collapse. This is more comfortable and effective than negative inspiratory pressure devices like incentive spirometers, as it provides pressure throughout the entire lung.

3.2 Mucus Clearance Therapy (Forced Expiratory Technique - FET)

This technique helps to mobilize and clear secretions from the lungs.

1. Adjust the resistance dial to the maximum setting (20 cmH₂O).
2. Take a deep breath in through the device.
3. Pause briefly, then forcefully exhale or 'blast out' the air, similar to a strong cough. This action should be a quick, sharp exhalation.
4. Repeat this technique as instructed by your healthcare provider.

This forced exhalation builds significant pressure at the base of the lungs, effectively dislodging secretions and allowing them to be expelled. This method is designed to be highly effective for secretion removal without causing excessive fatigue.

4. MAINTENANCE

Proper cleaning and maintenance are crucial for the longevity and hygienic use of your Threshold IMT device.

1. Disassemble the device by separating the mouthpiece/adapter from the main unit.
2. Wash all components in warm, soapy water. Use a mild detergent.
3. Rinse thoroughly under clean running water to remove all soap residue.
4. Allow all parts to air dry completely before reassembling or storing.
5. Inspect the device regularly for any signs of wear, damage, or blockages. Replace components as needed.

5. TROUBLESHOOTING

If you encounter any issues with your Threshold IMT device, please refer to the following common troubleshooting tips:

- **Difficulty breathing through the device:** Ensure the resistance dial is set to an appropriate level. If it's too high, it may be difficult to inhale or exhale. Check for any blockages in the mouthpiece or device components.
- **Inconsistent pressure:** Verify that all components are securely assembled and there are no leaks. Ensure the resistance dial is firmly set.
- **No sensation of resistance:** Check if the resistance dial is set to the lowest possible setting (5 cmH₂O). If it's still not providing resistance, inspect the internal mechanism for damage.
- **Device feels dirty or clogged:** Follow the maintenance instructions to thoroughly clean all parts.

If problems persist, contact your healthcare provider or Philips customer support for further assistance.

6. SPECIFICATIONS

Feature	Specification
Model Name	Threshold IMT
Adjustable Pressure Range	5 cmH ₂ O to 20 cmH ₂ O
Item Weight	140 g
Package Dimensions	16.6 x 12.4 x 4.4 cm
ASIN	B00J417PHM
First Available Date	10 June 2016

7. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please visit the official Philips website or contact Philips customer service. Always refer to the packaging or official product documentation for the most current warranty details.

Philips Customer Support: www.philips.com