

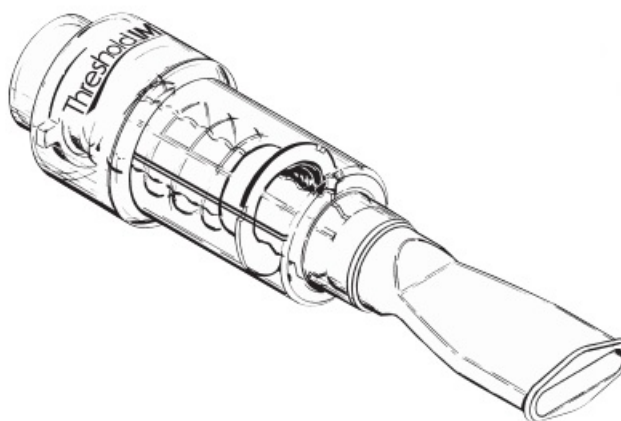


PHILIPS Threshold IMT Instructions

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Threshold IMT

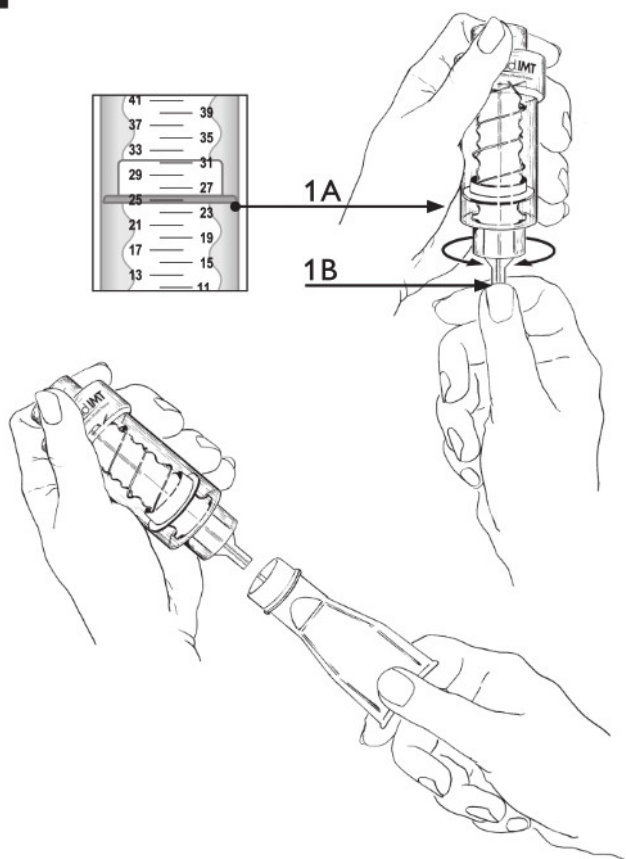


REF HS730EU



Respironics Respiratory Drug Delivery is OK) Ltd Chichester Business Park City Fields Way Tangmere.

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Threshold IMT positive expiratory pressure device

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Instructions for use only.

For single patient use only. Make sure there are no foreign objects in the mouthpiece or the device.

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Turn the control knob (Fig. 1 A) to align the red edge of the pressure indicator (Fig. 1 B) to the setting prescribed by your physician. For additional leverage attach the mouthpiece and rotate to adjust. A higher number equals greater effort. Attach mouthpiece firmly.

Put nose clip on and breathe through your mouth (Fig. 2).

Seal lips around the mouthpiece, and inhale deeply (Fig. 3). When air flows through the device, the valve is open. Continue inhaling and exhaling without removing the device from your mouth.

Initially limit your training time to 10 to 15 minutes a day (or as directed by your physician). Gradually increase

training time to 20 to 30 minutes a day, or two 10 to 15- minute sessions a day. Try to train at the same time each day, a minimum of five days per week.

Important

Training should be consistent and ongoing. Record readings in the Training Diary.

Cleaning instructions

Wash in warm soapy water after each use. Flush all parts with clear water. Shake out excess water and air dry.

Indications for use

Threshold IMT is an inspiratory muscle trainer that will help you increase respiratory muscle strength and endurance through conditioning. ANY CHANGE IN THE SETTING IS DONE ONLY AS DIRECTED BY YOUR PHYSICIAN. IF YOU GET VERY TIRED DURING OR AFTER YOUR TRAINING DO NOT BOIL OR HEAT. SESSION, FEEL OUT OF BREATH, OR NOTICE YOUR PULSE RATE INCREASE DRAMATICALLY, STOP TRAINING AND NOTIFY YOUR PHYSICIAN.

Note to physicians and physiotherapists

The pressure load for inspiratory muscle training should be based on the patient's respiratory muscle strength, which is determined by measuring maximal inspiratory pressure (PIMAX) with a manometer. PI MAX is the largest negative pressure a patient can generate during inhalation. The recommended pressure load is 30% of the patient's PIMAX. However, initiating training at a lower pressure load may be necessary in some patients. The pressure load should be increased as the patient's inspiratory muscle strength improves.

Week	Setting	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
		☀		☀		☀		☀		☀		☀		☀		☀		☀		☀		☀		☀		☀			
		Time	Min	Time	Min	Time	Min	Time	Min	Time	Min	Time	Min	Time	Min	Time	Min	Time	Min	Time	Min	Time	Min	Time	Min	Time	Min		
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Training diary

T Time of day you train

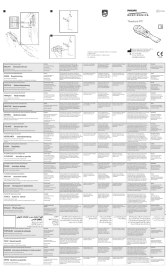
M Length of training in minutes



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Documents / Resources



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