

## YOU ARE JUST A BREATH AWAY

EMST training has been shown to be effective in building breath power in musicians, athletes, youth, elderly individuals and people suffering from a range of conditions from snoring to OSA, to Parkinson's to ALS. The EMST75 LITE is for those individuals who want to train at the lower thresholds of 5-75 cmH2O.



# EMST<sup>TM</sup> 75 LITE

## EXPIRATORY MUSCLE STRENGTH TRAINER



### Questions?

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# EMST<sup>TM</sup> 75 LITE

## EXPIRATORY MUSCLE STRENGTH TRAINER



## INSTRUCTIONS FOR USE

## How does the EMST75 LITE work?

The EMST75 LITE, and the original EMST150 are both exercise tools used to increase the strength of the expiratory muscles. The EMST75 LITE works the same as the EMST150. It was created for patients who want to begin their training at a lower threshold than our EMST150 provides.



**5 SETS OF**  
**5 BREATHS**  
**5 DAYS A WEEK**  
(2 DAYS REST)  
**5 WEEKS**

Please read these instructions carefully and retain this leaflet until you feel comfortable performing the training protocol.

A "how to train video" is available at [EMST150.COM](http://EMST150.COM)

Consult your therapist or doctor before using if you...

- are or suspect being pregnant
- have untreated hypertension
- have had a recent stroke
- have a history of collapsed lung
- have had recent head/neck surgery
- have untreated gastroesophageal reflux disease

Keep trainer and all removable parts away from small children.

## ADJUSTING THE VALVE AND SPRING

Turning the knob clockwise tightens the trainer's spring, making it more difficult to blow air out through the valve.

Turning the knob counterclockwise loosens the trainer's spring making it easier to blow air out through the valve. The place on the scale where the small metal screw on the bottom edge of the knob touches a number indicates the pressure you must produce to open the valve.



## CLEANING YOUR TRAINER

We strongly recommend the EMST150 be cleaned regularly. Since this trainer is for sole use only, only warm water and mild soap are needed to clean the device. Do not place in the dishwasher or microwave. Shake out excess water and air dry overnight. **The trainer should not be shared with any other person.** Harmful cleaning agents such as bleach and ultrasonic cleaning are not recommended. Always keep the trainer in a clean, dry place.

## WHERE TO START YOUR TRAINING

The first step is to measure your **MAXIMUM EXPIRATORY STRENGTH** follow these steps:

- 1 Place the nose clip on your nose.
- 2 Turn the knob counterclockwise until you can no longer turn. (Once it stops-do not force.)
- 3 Take a deep breath in, insert the EMST mouthpiece in your mouth, making a tight lip seal around the mouthpiece. You can use the hand that is not holding the device to help secure your lips around the mouthpiece, if needed.
- 4 Next, blow quickly through the device until air rushes through, then stop.
- 5 If you were able to accomplish Steps 1-4 easily, turn the knob clockwise 1/4 turn and repeat.
- 6 If you were unable to move air through the device, turn the knob 1/4 turn counterclockwise (back) and continue to do until you are able to move air through the device. This is your MAX pressure. You will begin your first week of training at 1/4 turn below your max pressure.

## WEEK 1 -STEPS TO YOUR TRAINING

- 1 Place the noseclips on your nose.
- 2 Take a deep breath in, do not breathe out.
- 3 Place the mouthpiece in your mouth, securing the your lips tightly around it, holding/pressing the sides of your cheeks if needed. (see video)
- 4 Breathe out hard and fast using your chest and stomach muscles to push air through the device. This breathing effort should only last a couple seconds for the air to move through.
- 5 Rest for a minimum of 15-30 seconds.
- 6 **Do not skip resting in between breaths.** REPEAT this exercise 5 times (steps 1-5). Then you need a minute break. We call this a 5-breath trial.
- 7 After the 1 minute break, do another 5-breath trial (steps 1-5). Take another 1 minute break.
- 8 You need to do five, 5-breath trials for a total of 25 training breaths.
- 9 If you feel lightheaded at anytime during the exercise, stop and discontinue.
- 10 Record the date and time the exercises were completed.



## AT THE END OF TRAINING WEEK 1

After the first week move the knob on the device one quarter turn clockwise and begin training for Week 2. Weeks 2, 3, 4 and 5 continue training as described.

## WHEN WILL I "GRADUATE" to the EMST150?

Once you have reached 75 cmH2O, you may decide to continue your training with the EMST150. The EMST150 provides thresholds up to 150 cmH2O.