

WellO2 – Breathing Exercise

Instructions and useful tips for breathing exercise



Version 1.1



Introduction

Dear customer, to get maximum benefit from the breathing exercise with WellO2 device, it is recommended that you read the instructions below.

Depending on the fitness of your breathing organs, age and general health status, training with WellO2 device may be demanding. Therefore, introduction to the device and its proper use, especially for the beginners, is very important.

In general, breathing exercise has many beneficial effects on your health. It trains all breathing muscles such as diaphragm, abdominal muscles, and inter- and outer costal muscles. It enhances deep breathing technique and elasticity of the rib cage. When exercising with WellO2, use your whole rib cage, sit straight, and take deep breaths.

Before use, read instructions on page 13 (contraindications).

First use

Begin with the lowest temperature and resistance (o) settings, which correspond to +65°C water temperature and approx. 20 cmH₂O of breathing resistance. With these settings, the steam entering your mouth is approx. +45°C.

1. Read instruction carefully. Using the device is shown on pages 17-20.
2. Take a deep breath and start with exhaling into the device for 10-15 secs. until your lungs are empty.
3. Exhaling may feel strenuous but as soon as you get used to the technique it gets lighter. You may also regulate breathing resistance by exhaling slower or faster.
4. Then breathe a few times freely and repeat exhaling as above (2).
5. Rest for a while and take a deep breath from the device by filling up your lungs within 10 – 15 secs. Hold your breath for 1-3 secs and breathe freely. Repeat inhaling (5).
6. Repeat ex- and inhaling (2 and 5) for a few times.

If you feel shortage of breath or need for coughing, take a break for a few minutes. Detachment of mucus is normal. Coughing in between ex- and inhales helps clearing the airways.

Breathing exercise

Select the resistance and temperature of your choice. Resistance is adjustable for in- and exhaling in scale 0–3 corresponding to 20–100 cmH₂O. It is recommended that you begin with the lowest resistance (0) and temperature (o) setting.

1. Take a deep breath and exhale into the device for 10-15 secs. until your lungs are empty. Breathe feely for a few times.
2. Take a deep breath from the device by filling up your lungs within 10 – 15 secs. Hold your breath for 1-3 secs and breathe freely.
3. Rest for a while between the ex- and inhales if necessary. Repeat ex- and inhaling as above (1-2).
4. Then perform ex- and inhaling cycles for 3-5 times while resting in between the cycles.

5. As soon as you have adopted the technique, you may take up to 10-15 ex- and inhaling cycles.

You can control strenuousness of the exercise either by adjusting the mechanical breathing resistance or by ex- and inhaling faster or slower. More airflow means more resistance. Always listen to your body and exercise with the meaningful exertion. Blowing into the device causes bubbling which generates vapour. Small mechanical resistance and fast airflow generates more vapour than high mechanical resistance and low airflow. Generally, high mechanical resistance increases ex- and inhaling time. Always ex- and inhale with steady airflow.

If you intend to develop your breathing performance, gradually add mechanical resistance and/or airflow. If you use the device for vapour inhalation only, keep the mechanical resistance at zero.

Steam temperature drops gradually when exercising. You may heat up the water again by placing the device onto the power base.

Exercising with the nasal mask

Accessories include a nasal mask, which can be used for nasal breathing exercise. It effectively directs steam into the upper airways. Always use resistance setting 0 with the nasal mask. Also, remember that nose is very sensitive to heat. Therefore, start with the lowest temperature.

Connect the extension hose to the mouthpiece and to the nasal mask. Hold the mask on your nose tightly and exhale into the mask for 10–20 secs. Then inhale vapour from the mask for 10–20 seconds. Repeat ex- and inhaling 2–3 times, and after getting used to it, 10–15 times. Blowing into the water causes small vibration in the airways, which can assist in mucus clearance.

Nasal breathing alleviates congestion of the upper airways and keeps them open. You may also add WellO2 aromatic tablet into the water to add comfort to your breathing exercise.

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WellO2 –team
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