

Expiratory Muscle Strength Training (EMST)



main
MEDICAL

NOTE: the EMST150 and EMST75 is for SINGLE PATIENT USE ONLY

What is EMST?

Expiratory Muscle Strength Training (EMST) is a treatment strategy aimed to strengthen the muscles of expiration (breathing out). These include muscles that are important for breathing, swallowing, voice and cough.

Who is EMST for?

EMST can be helpful for those who have impairments in breathing, swallowing, voice or cough. Assessment by a speech pathologist and/or physiotherapist is required before determining if EMST is an appropriate treatment strategy for any given condition.

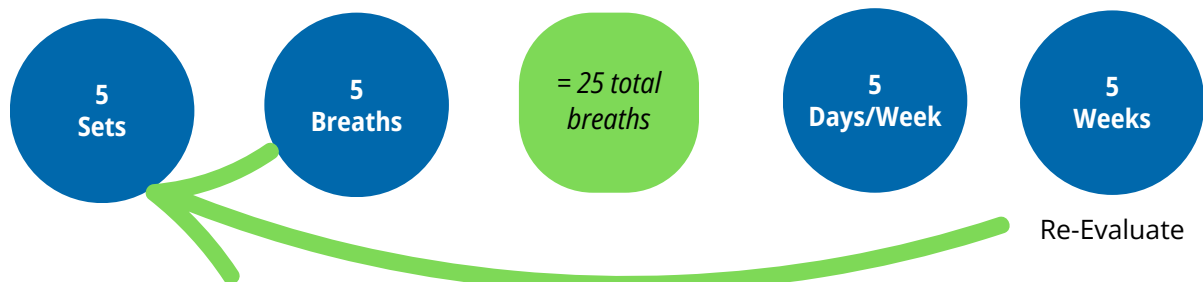
How to do it?



1. Position yourself comfortably seated in an upright position
2. Apply the mouthpiece to the EMST device
3. Apply the nose peg (if needed to prevent air coming out your nose)
4. Take a deep breath in
5. Place the device in your mouth behind your teeth and form a tight seal around the mouthpiece with your lips
6. Exhale a short sharp breath forcefully through the device.
7. Take a short break (10-30 seconds) and repeat steps 4-6 to achieve 5 repetitions total for one set

Regime

We recommend using the **"Rule of Fives"**:



NOTE: Your Health Professional will determine which device (EMST150 or EMST75) is right for you and monitor your progress in response to treatment. They will also determine and set the correct starting pressure dependent on your individual health status and needs.

Cleaning & Storage

- Store in a clean, dry environment
- Clean monthly or as needed using warm soapy water - rinse well and allow to air dry

Troubleshooting

- **Air “blasting” from the sides of the mouth:** use the comfort fit mouthpiece and/or apply manual pressure using your spare hand to assist in creating a tight seal around the mouthpiece
- **Air escape from nose during treatment:** use the nose peg and ensure positioned correctly (see image)
- **No air passing through device:** ensure you are taking a deep breath first and using a short sharp breath. If still no air passing through device, discuss with your health care professional about reducing the pressure on the device
- **Feeling dizzy / lightheaded:** take longer breaks between breaths or discuss with your health care professional about reducing the pressure on the device

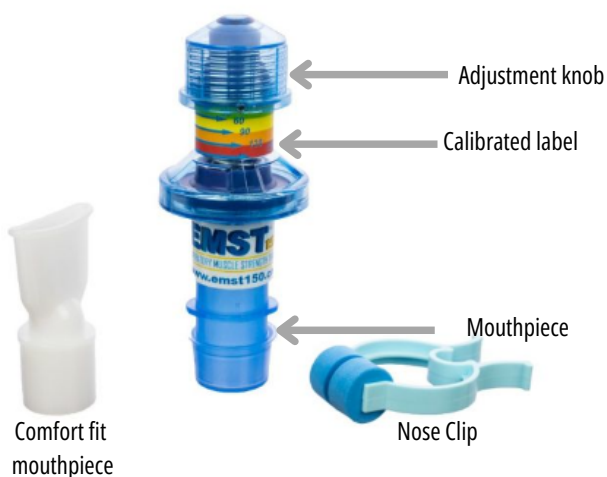
Special Considerations / Contraindications

If you experience any of the following conditions, please seek advice from your Speech Pathologist/Physiotherapist and Medical Practitioner before use.

- Uncontrolled hypertension
- Uncontrolled reflux
- Recent head & neck, gastrointestinal, cardiothoracic or neurological surgery
- Smoking related airway disease
- Pregnancy
- Advanced progressive neurological disorder

Treatment Progression

Increase the pressure on your device by ___ rotation each ___ week(s) or as directed by your Speech Pathologist/Physiotherapist.



Health Professional Contact Details:

Name: _____

Designation: _____

Facility: _____

Phone: _____

Email: _____