

## The Individual Breathing Assistant 4-1 (IBA)

### Instructions for use

#### Mouthpiece/lip placement

The mouthpiece for the LungTrainer has been specifically engineered to assist the user to use fast and focused air. It uses a small aperture, assisting the user to reinforce the air needed to conduct the exercise appropriately.



**Lip Placement-** Do not use any embouchure. The mouthpiece has been engineered as universal, simply follow guideline below. Form flat lips and place them against the mouthpiece portion of the IBA (see picture left).

**General information-** The balloon for the IBA creates a pressure of .5 PSI. This is the pressure needed to engage the diaphragm. When the balloon is inflated, the diaphragm will be engaged. The air holes on the regulator change the amount of air that is released during the exercise. Air flow can be changed as needed depending on the instrument. *Note: The amount of air released during the exercise does not change the air pressure used in the balloon.*

#### IBA assembly



- 1- Place the balloon on the attachment end of the IBA.
- 2- Done

#### Set-up instructions

- 1- Using one hand, place the mouthpiece between the thumb and the first finger.
- 2- With the other hand, place three fingers over the air release holes (see picture) and keep in place using the thumb.
- 3- During exercise, each closed hole should be sealed using a finger.
- 4- Bring the mouthpiece to flat, not puckered lips, using a slightly open mouth.
- 5- When exhaling, be sure to seal the lips to the mouthpiece, ensuring no air escapes around the mouth.
- 6- During exercise, try not to puff cheeks. However, puffing will not invalidate the exercise.

- 7- TUBA players- For instruments with large mouthpiece, like the tuba, the user can wrap the lips around the mouthpiece. This will give the user a better replication of the tuba or large mouthpiece instrument.

**Defining the Air Regulator hole index (O= open, X= closed)**

- Small hole- hole closest to user O-X-X  
 Middle hole- middle hole of regulator X-O-X  
 Large hole- hole closest to balloon X-X-O

**Balloon engagement**



During each exercise, for correct form, the balloon MUST be inflated. During any inflation, the balloon will maintain a .5 PSI.

**Inflated balloon**

**Basic IBA exercise**

4 X 4 Square exercise

**Hole configuration** small hole open (O-X-X)



This is an exercise to assist in the development of perfect breathing form.

- 1- Lift 1 finger off the smallest hole (O-X-X).
- 2- Inhale for 4 counts.
- 3- Hold breath for 4 counts.
- 4- Exhale for 4 counts.
- 5- Release used air from balloon in shoulder for 4 counts. Try not to spray used air randomly.
- 6- Repeat steps 2-5 for 4 or more repetitions.

(above) small hole open

## **IBA Duration exercise**

**Hole configuration-** small hole open (O-X-X), then try different configurations (2 holes open and then all holes open)

This is an exercise to build endurance and diaphragm strength.

- 1- Lift 1 finger off the smallest hole (O-X-X) then change configuration when comfortable.
- 2- Inhale for 2 or 1 counts.
- 3- Exhale for 12+ counts (less, if needed).
- 4- Release used air from balloon into shoulder for 4 counts. Try not to spray used air randomly.
- 5- Repeat steps 2- 3- 4 for 4 or more repetitions.

You are well on your way to successful breathing.

## **Cleaning and maintenance of the Individual Breathing Assistant**

The IBA is made of food/medical grade plastic and will last a long time with proper maintenance.

**Cleaning the regulator-** The mouthpiece/air regulator component of the IBA can be cleaned using warm water and soap. 1- Take the balloon attachment off the regulator and dip it in warm, sudsy water, 2- Rinse in clean water, and 3- let air dry.

**Changing the balloon-** The balloon will eventually wear out if the user practices consistently. LungTrainers uses a special balloon that is measured at .5 PSI. To change the balloon, take the balloon from the attachment and exchange it with a LungTrainer balloon\*.

\*Note: Other balloons will work with the attachment, however, they may not reach the PSI needed to engage the diaphragm.

Scan below for LungTrainers' order page.

