



## CYCLED HUFF COUGH

### WHAT IS A HUFF COUGH?

- This technique allows the air to move past the mucus in the airways to the deeper mucus and can help mobilize secretions from smaller to larger airways. Once this mucus is in the larger airways, coughing the mucus out becomes easier.
- Huff coughing will also help move mucus up and out of your lungs more effectively because it keeps the airway open longer than a normal cough. It is considered an alternative to deep coughing.

### HOW DO I DO A HUFF COUGH?

- A huff cough is performed by taking a deep breath and then forcing the air out of your lungs with your mouth open like you would do if you were trying to fog up a mirror.
- It may help to hold your breath for three seconds after inhalation to allow air to get behind or below mucus.
- There should be no extended wheezing or prolonged exhalation – the huff cough should be short, yet powerful!
- Do following any airway clearance techniques.

### CYCLED HUFF COUGHING – A SERIES OF SUCCESSFUL HUFF COUGHS

- Sit up straight to make sure you get the most effective clearance.
- Look straight ahead to ensure your throat can open properly.
- Open your mouth and take a **small**-sized breath in and exhale with huff cough.
- Open your mouth and take a **medium**-sized breath in and exhale with huff cough.
- Open your mouth and take a **large**-sized breath in and exhale with huff cough.
- Follow with normal cough if needed to expectorate mucus.

### WHEN DO I HUFF COUGH DURING VEST TREATMENTS?

- Pause vest and huff cough after each cycle of vest setting or at least once during treatment and at the end of treatment.