Aerobika®

The Aerobika® is an airway clearance device that combines back pressure and vibrations to help clear mucus from the lungs. Do not use the Aerobika® if you had recent sinus surgery.

How to do an Aerobika® Treatment
1. Before beginning the treatment, wash your hands with soap and warm water, or use antibacterial hand gel, to reduce the risk of infection.
2. Set the dial on the end of the device to a setting which gives you a comfortable breath when breathing out; lasting 3-4 times longer than breathing in.
3. Sit with your elbows resting on a table or sit upright with good posture.
4. Take a deep breath in. Place the mouthpiece between your teeth and make a tight seal around the mouthpiece with your lips.
5. Hold your breath for 2-3 seconds.
6. Blow out slowly and forcefully into the Aerobika®. Keep your cheeks hard and flat while you are breathing out. You will feel a “fluttering” sensation in your neck and lungs. If you put your hand on your chest while breathing out, you should feel the vibrations. If you do not feel vibrations, blow out with more force or move the dial to the left + sign.
7. Keep taking slow deep breaths while breathing out through your Aerobika® valve for about 5 minutes or 20 breaths.
8. Remove the mouthpiece and cough or “huff cough”.
   To huff cough, take a deep breath. Hold it for 1-3 seconds. Then, force air out of your lungs with your mouth open like you would do if you were trying to fog a mirror.
9. Continue breathing with the Aerobika® with breaks to huff cough about every 5 minutes for a total treatment time of 20 – 30 minutes.
10. It is very important to pace yourself as you breathe out into the Aerobika® device. Pause for a few seconds between breaths. If you feel dizzy or get a headache while doing the Aerobika®, stop, breathe normally and finish your Aerobika® treatment at a slower pace.
11. After doing an Aerobika® treatment, it very important to remove the mouthpiece and open the device to air dry between uses. Air drying will help prevent germs from growing inside the Aerobika®.
Using the Aerobika® with Your Nebulizer
Your Aerobika® can be used at the same time you are doing your nebulizer treatment. You must take breaths in through the Aerobika® mouthpiece instead of the nebulizer mouthpiece.

Cleaning the Aerobika®
The Aerobika® should be cleaned and disinfected every day, using one of the following methods.

Dishwasher/Baby Bottle Steamer Method
Take apart the Aerobika®. Put the pieces of the Aerobika® in a basket on the top shelf of the dishwasher or in steamer. Using a rinse aid in your dishwasher will cut mineral build up from your water.

Rubbing Alcohol Method
1. Take the Aerobika® apart. Wash the pieces in warm soapy water.
2. Rinse with hot tap water.
3. Place the Aerobika® pieces in a bowl and add enough rubbing alcohol (isopropyl alcohol) to completely cover the pieces.
4. Soak the Aerobika® pieces for 5 minutes.
5. Rinse the Aerobika® pieces with sterile water. Do not use water from the faucet, bottled, or distilled water. You can make water sterile by boiling it for 5 minutes. Use this water once, and then throw it out.
6. Place the Aerobika® pieces on a paper towel to dry.

Microwave Method
1. Take the Aerobika® apart. Wash the pieces in warm soapy water.
2. Rinse with hot water.
3. Place the Aerobika® pieces in a bowl. Add enough water to completely cover the nebulizer pieces.
4. Microwave for 3-5 minutes; shorter time in high power microwaves to keep the Aerobika® from melting.
5. Place the Aerobika® pieces on a paper towel to dry.

Cleaning your Nebulizer
If you are using the Aerobika® with a nebulizer, please clean your nebulizer at the same time. Please see the Nebulizer for Respiratory Therapy Health Facts for You #6922 for nebulizer cleaning instructions.

If you have questions or need supplies contact UW Home Health at (608) 203-2273.