

SHAKER

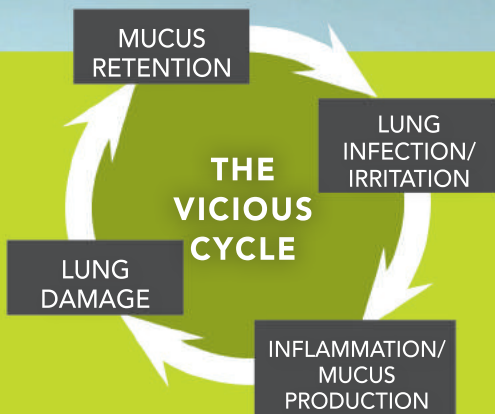
*Airway Clearance
Therapy*



INDEPENDENT ADJUNCT THERAPY FOR PEOPLE WITH IMPAIRED AIRWAY CLEARANCE

Evidence based drug free therapy

Impaired Airway Clearance is shown to contribute to a worsening in lung function. The Lung Infection Cycle below shows how uncleared airway secretions can promote chronic inflammation and infection. If unmanaged, it can result in irreversible lung damage and respiratory function impairment.



IMPAIRED AIRWAY CLEARANCE IS OFTEN PRESENT IN:

- COPD
- Bronchitis
- Emphysema
- Cystic Fibrosis
- Asthma
- Pneumonia
- Bronco and Lobar Pneumonia
- Atelectasis
- Bronchiectasis
- Primary Ciliary Dyskinesia
- Acute chest infections
- Smokers

SYMPTOMS OF IMPAIRED AIRWAY CLEARANCE MAY INCLUDE:

- Shortness of breath
- Abnormal breathing sounds
- Rapid shallow breathing
- Recurring lung infections
- Persistent cough
- Fatigue

FOR MORE INFORMATION

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HOW IT WORKS

The Shaker device generates

VIBRATIONS (Oral high frequency oscillation)

- The expiratory flow of air elevates the metal sphere, it then falls again by its own weight. The rise and fall of the sphere results in the desired **Vibration**.
- The **Vibrations** are transmitted through the bronchial network, loosening and mobilising the mucus and easing elimination.



POSITIVE EXPIRATORY PRESSURE (PEP)

- The gentle resistance created by breathing against the metal ball causes **Positive Expiratory Pressure**.
- This **Positive Expiratory Pressure** encourages the smaller airways to stay open thus, increasing lung usage and efficiency.

BENEFITS OF THE SHAKER

- Shaker therapy is easy to learn and completely portable
- Thins, loosens and mobilises trapped secretions up the airways for elimination
- Positive Expiratory Pressure (PEP) stabilises small airways
- Helps break the Lung Infection Cycle
- Reduces the need for costly postural drainage sessions
- Comparable performance¹ compared to more expensive PEP devices (FLUTTER and Acapella)

¹Santos, A.P., Guimaraes, R. C., De Carvalho, E.M., & Gastaldi, A.C. (2013). Mechanical behaviors of Flutter VRP1, Shaker, and Acapella devices, 58(2):298-304.doi: 10.4187/respcare.



FOR MORE INFORMATION