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## UNIVERSITY HOSPITAL LLANDOUGH

### ALL WALES ADULT CYSTIC FIBROSIS CENTRE

## The Flutter

The flutter is a device that consists of a plastic pipe with small holes at one end and a mouthpiece at the other. Inside the flutter is a stainless steel ball that vibrates up and down when you breathe out through it (see fig. 1). When you breathe out through the flutter the ball initially rises and then falls. This happens many times per second and causes a vibratory effect that is felt in your chest. This vibration of air within your airways helps to loosen and move secretions towards your mouth where you can cough them out. When you breathe out you will also feel a slight resistance. This will stop your airways from closing and again make it easier for you to cough up secretions.



Fig 1

### How to use the flutter

- Sit comfortably in an upright or leaning forward position
- Breathe in slowly through your nose or mouth and hold breath for 2-3 seconds
- Breathe out actively (but not forcefully) through the flutter; try to keep your cheeks flat. You should feel a 'fluttering' sensation in your airways
- Adjust the angle of the flutter in your mouth to maximise the feeling of vibration on your chest
- In total take 6-7 breaths as described above, try not to cough during these breaths

- Huff twice without the flutter
- Cough and clear your chest if you need to
- Repeat this cycle 3-4 times to effectively clear your secretions

### Cleaning the flutter

- You can take the flutter apart as shown in fig. 1
- Soak in soapy water
- Dry thoroughly before reassembling
- Clean daily

### STOP IF

You develop any new symptoms such as shortness of breath, chest pain or tightness, or blood in your secretions. Seek advice from your physiotherapist immediately.

**If you require any further information regarding the Flutter or any other physiotherapy techniques please do not hesitate to contact us -:**

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