

VOLDYNE[®] 5000

VOLUMETRIC EXERCISER

For Maintaining and Improving
Inspiratory Volume and Respiratory Fitness

FOR SINGLE PATIENT USE



HUDSON RCI

Breathing, made easier

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The **VOLDYNE⁵⁰⁰⁰** Volumetric Exerciser when used according to your physician's instructions, helps develop, improve and maintain respiratory fitness.

Your VOLDYNE 5000 Volumetric Exerciser has been scientifically designed to encourage you to perform the exercises prescribed by your physician. It allows both of you to see your progress toward improving your inspiratory volume.

Deep breathing exercise has been shown to be vitally important to your respiratory fitness. Deep breaths are necessary to reach and expand the small air sacs of your lungs. Your VOLDYNE 5000 Volumetric Exerciser measures the volume of air you inspire and shows you how effectively you are filling your lungs with each inhalation.

Normally, you take many deep breaths each hour—usually without being aware of it. They are spontaneous and automatic, and occur in the form of sighs and yawns.

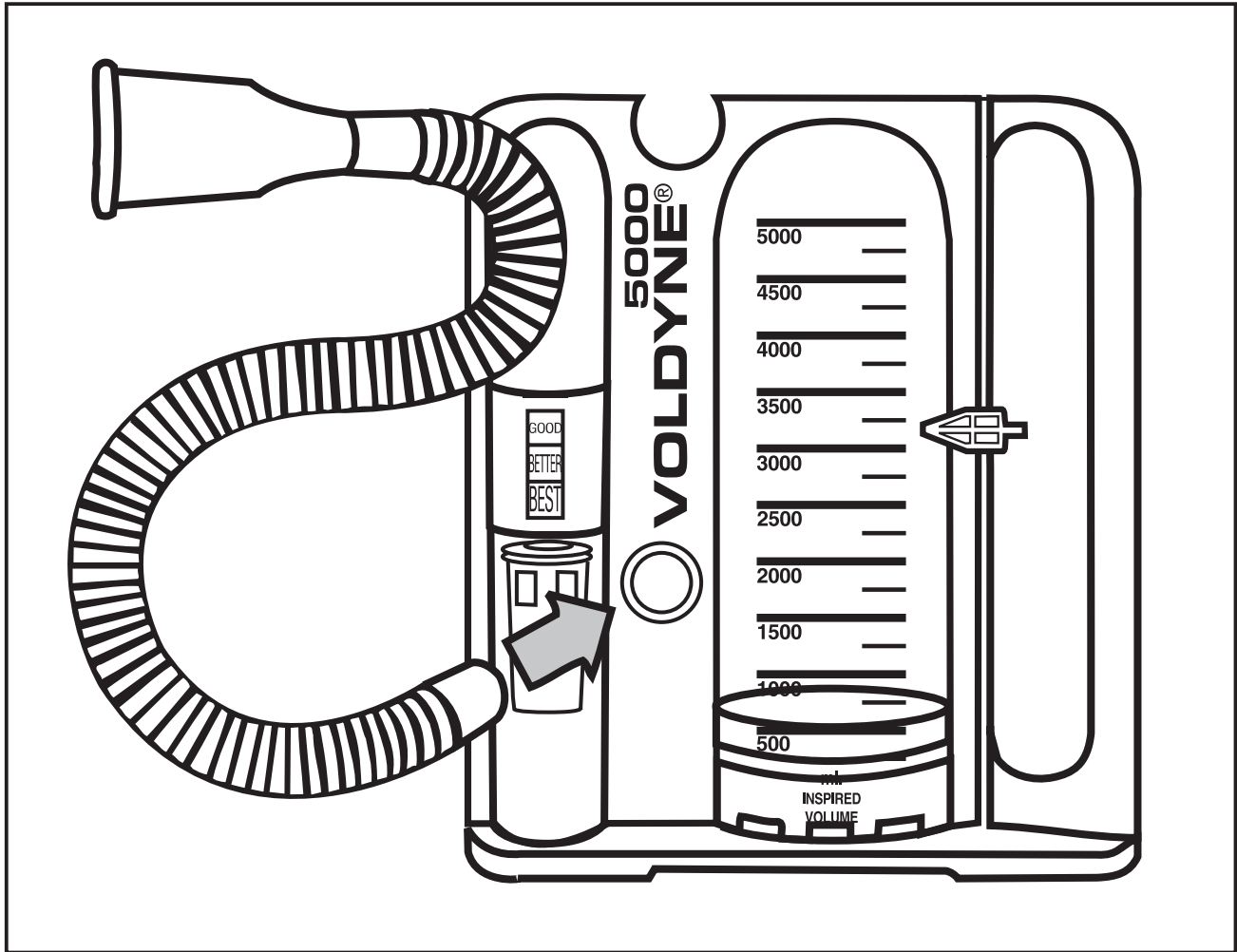
In certain instances, however, your normal breathing pattern can change. When you are experiencing pain after chest or abdominal surgery, for example, breathing tends to become shallow, and deep breaths are suppressed in an effort to minimize pain.

In these instances, it is important that you try to resume your normal breathing pattern despite any discomfort you may have. Taking the deep breaths you might ordinarily suppress will help prevent the possibility of respiratory complications.

By carefully following your physician's instructions and the directions provided with your VOLDYNE 5000 Volumetric Exerciser, you will begin receiving the benefits of slow, deep breathing exercise. With the help of this program, you can hasten your recovery and you should be well on your way toward better breathing.

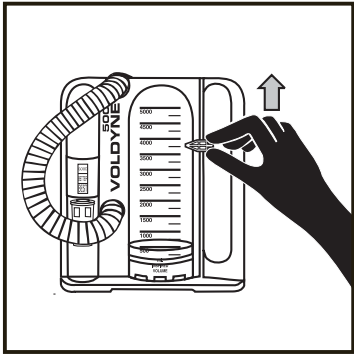
NOTE: When the VOLDYNE 5000 Volumetric Exerciser is placed on table between uses, mouthpiece end of tubing can be placed in notch at top of device.

How to assemble and use your **VOLDYNE⁵⁰⁰⁰** Volumetric Exerciser



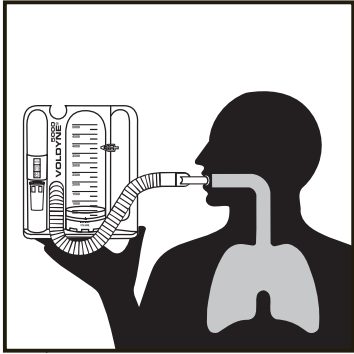
STEP 1

1. Remove components from package.
2. Attach open end of tubing to stem at front side of exerciser.



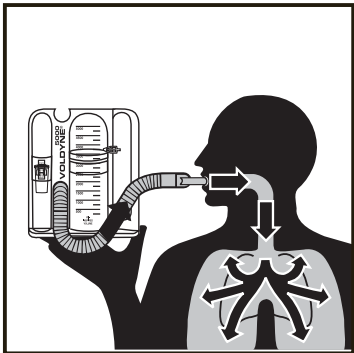
STEP 2

- Slide the yellow pointer to prescribed milliliter volume level.
- Hold or stand exerciser in an upright position.



STEP 3

- Exhale normally.
- Then place lips tightly around mouthpiece.



STEP 4 - **INHALE**

- Inhale slowly to raise the white piston in the chamber.
- When inhaling maintain top of the yellow flow cup in the “BEST” flow range.

STEP 5

- Continue inhaling and try to raise piston to prescribed level.*
- When inhalation is complete, remove mouthpiece from mouth, hold breath as prescribed, and exhale normally.
- Allow piston to return to bottom of chamber, rest and repeat exercise.

*Top of piston indicates level attained.

Frequency of use and recommended inspiratory volumes should be performed at the direction of your physician.

PATIENT PROGRESS CHART SUSTAINED MAXIMAL INSPIRATION

Patient's Name: _____ Room No./File No. _____

Authorized signature _____



Predictive Nomogram–Inspiratory Capacity* (mL)**

FEMALE

		HEIGHT IN INCHES								
		58"	60"	62"	64"	66"	68"	70"	72"	74"
AGE IN YEARS	20	1900	2100	2300	2500	2700	2900	3100	3300	3500
	25	1850	2050	2250	2450	2650	2850	3050	3250	3450
	30	1800	2000	2200	2400	2600	2800	3000	3200	3400
	35	1750	1950	2150	2350	2550	2750	2950	3150	3350
	40	1700	1900	2100	2300	2500	2700	2900	3100	3300
	45	1650	1850	2050	2250	2450	2650	2850	3050	3250
	50	1600	1800	2000	2200	2400	2600	2800	3000	3200
	55	1550	1750	1950	2150	2350	2550	2750	2950	3150
	60	1500	1700	1900	2100	2300	2500	2700	2900	3100
	65	1450	1650	1850	2050	2250	2450	2650	2850	3050
	70	1400	1600	1800	2000	2200	2400	2600	2800	3000
75	1350	1550	1750	1950	2150	2350	2550	2750	2950	
80	1300	1500	1700	1900	2100	2300	2500	2700	2900	

MALE

		HEIGHT IN INCHES										
		58"	60"	62"	64"	66"	68"	70"	72"	74"	76"	78"
AGE IN YEARS	20	2000	2200	2400	2600	2800	3000	3200	3400	3600	3800	4000
	25	1950	2150	2350	2550	2750	2950	3150	3350	3550	3750	3950
	30	1900	2100	2300	2500	2700	2900	3100	3300	3500	3700	3900
	35	1800	2000	2200	2400	2600	2800	3000	3200	3400	3600	3800
	40	1750	1950	2150	2350	2550	2750	2950	3150	3350	3550	3750
	45	1700	1900	2100	2300	2500	2700	2900	3100	3300	3500	3700
	50	1650	1850	2050	2250	2450	2650	2850	3050	3250	3450	3650
	55	1550	1750	1950	2150	2350	2550	2750	2950	3150	3350	3550
	60	1500	1700	1900	2100	2300	2500	2700	2900	3100	3300	3500
	65	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200	3400
	70	1350	1550	1750	1950	2150	2350	2550	2750	2950	3150	3350
75	1300	1500	1700	1900	2100	2300	2500	2700	2900	3100	3300	
80	1250	1450	1650	1850	2050	2250	2450	2650	2850	3050	3250	

* Formula used in the above Nomogram published in The American Review of Respiratory Diseases official journal of American Thoracic Society, September 1979, Vol. 120, Number 3 by G. Polgar and V. Promadhat

** Milliliters — Inspiratory capacity measured in milliliters rounded off to the nearest 50 ml.