

Therapy log



Respiratory training using the STMedical[®] initially requires the ability to coordinate – and patience. Several sessions are needed before everything runs “automatically”. You should therefore first concentrate on your respiratory rhythm. Once you can manage to maintain the required rhythm you should then try to modify your depth of respiration.

Therapy can only really be effective when progress is documented. This will also monitor achievement of the therapy objectives. It therefore makes sense to record the key values achieved following each therapy session.

In order to ensure the maximum therapy effect, you should perceive the exercise sessions to be medium to strenuous. This corresponds with an effort of 3-4 on the therapy training log scale. If on the other hand, you find the session to be very strenuous (effort of 5) or relaxed to very relaxed (effort of 1-2), we recommend that you modify the training session. You will find guidelines for this in the dossier *SpiroTiger*[®] - *modifying the therapy intensity*.

Key to the table

- No:** STMedical[®] gives each therapy session a number. Please note that as soon as the memory of 20 sessions per person is full, all of the sessions will be overwritten.
- RR:** Respiratory rate in breaths per minute (1/min).
- BV:** Bag volume in litres (l)
- V:** Total respired volume in litres (l)

Effort during the therapy session:

Place a check mark:

1 = very relaxed, 2 = relaxed, 3 = medium, 4 = strenuous, 5 = very strenuous

Notes:

Space for additional notes on the general state of health.

No.	Date	Time	Duration (min:sec)	RR (1 / min)	BV (l)	V (l)	Effort (check)					Notes
							1	2	3	4	5	
							1	2	3	4	5	
							1	2	3	4	5	
							1	2	3	4	5	
							1	2	3	4	5	
							1	2	3	4	5	

