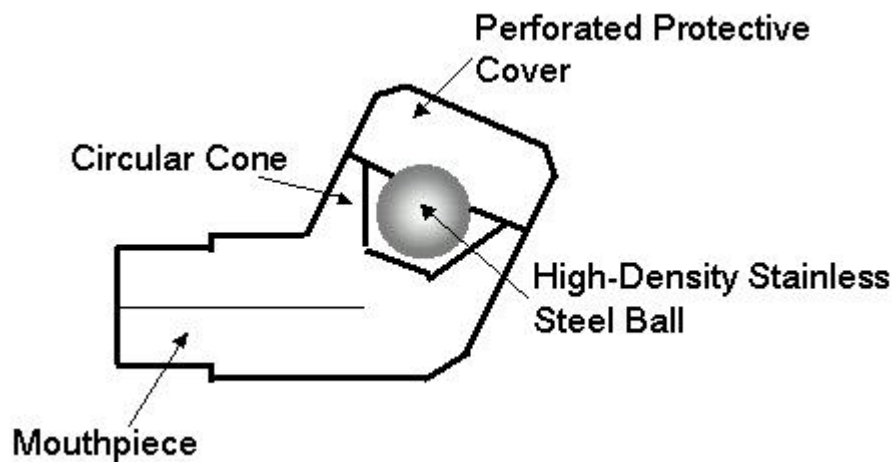


## How does the Flutter Work?



When you exhale (breathe out) through the Flutter, your breath will cause the steel ball to rise up and down under the protective cover.

Each time you breathe out through the device, the following happens:-

1. Vibrations loosen the mucus sticking to the airways.
2. A slight increase in pressure helps to keep your airways open.

The vibrations act to 'shake loose' the mucus that has been clinging to the walls of the airways (much like shaking apples off a tree). By keeping even the smallest airways open, the loosened mucus can then start to move. Doing this whilst breathing out means the secretions start to move out of the lungs.

During each Flutter sessions, the mucus in the small airways moves into the larger ones. Here mucus can stick together, making 'globules' that travel easily into the larger airways.

After several breaths through the device, you will find it easy to cough up 'sputum' that has been collected.