



ABLE ASTHMA TRIFLO INSPIRATORY EXERCISER



SKU: 3607316

PRODUCT DESCRIPTION

The Able Asthma Triflo inspiratory exerciser helps to strengthen breathing muscles which in turn improves airflow to help prevent or reduce acute attacks. It also helps with overall fitness by strengthening the whole body during exercise sessions.

SCIENTIFICALLY DESIGNED AND PROGRESS TRACKING: The Able Asthma TriFlo Inspiratory Exerciser has been scientifically designed to help perform the breathing exercises prescribed by your physician. It allows you to see your progress toward improving your volume.

Key Features

- Wide flow rate range from 600 – 1200cc/sec
- Three colour-coded balls / three chambers
- Minimum flow imprinted on each chamber
- Compact design and break-resistant plastic

HOW IT WORKS

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. The Triflo Inspiratory 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 Triflo Inspiratory Exerciser, you will begin receiving the benefits of slow, deep breathing exercises.

Because it's portable and easy to use anywhere at any time it makes for an excellent training tool for all sportspeople who want to improve their lung capacity without extra effort or expense! Buy this Able Asthma inspiratory exerciser online at MediMart using Afterpay or [NDIS method](#) today!

For further information go to **[medimart.com.au](https://www.medimart.com.au)** or give us a call: **1300 633 063**

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