

# Pep/Rmt™

## Improving breath by breath

Multi-application respiratory training with Pep/Rmt



# Pep/Rmt – four respiratory therapy categories from a single source

**Pep/Rmt™ is a simple, easy-to-use training kit designed to improve patient respiratory performance. Choosing from a combination of masks, resistors and other options, you can configure a respiratory training or symptom-minimising tool that can be used in the clinic or at home. Pep/Rmt can be tailored for four specific therapies covering the full range of patient categories.**

- Simple to use and adjust for patients and health care professionals alike
- Multiple scaling options allows you to adjust parameters as patient condition changes
- Quick set-up and breakdown
- Documented effectiveness<sup>1-4</sup>

## References:

1. Ricksten SE, Bengtsson A, Soderberg C, Thorden M, Kvist H. Effects of periodic positive airway pressure by mask on postoperative pulmonary function. *Chest* 1986;89(6):774-81.
2. Geddes EL, Reid WD, Crowe J, O'Brien K, Brooks D. Inspiratory muscle training in adults with chronic obstructive pulmonary disease: A systematic review. *Respiratory Medicine* 2005;99:1440-58.
3. Elkins MR, Jones A, van der Schans C. Positive expiratory pressure physiotherapy for airway clearance in people with cystic fibrosis. *Cochrane Database Syst Rev* 2006 Apr 19;(2):CD003147.
4. Oberwaldner B, Evans JC, Zach MS. Forced expirations against a variable resistance: A new chest physiotherapy method in cystic fibrosis. *Pediatr Pulmonol* 1986;2:358-67.



**PEP to normalise reduced lung volumes.** PEP can be used to normalise reduced lung volumes which can occur as a result of immobilisation, anaesthesia/surgery and neurological diseases.



## Product range

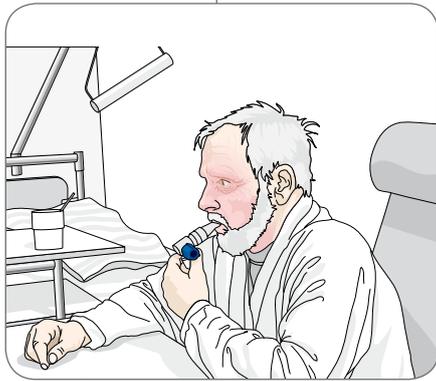
### Pep/Rmt sets - mask/mouthpiece, valve and resistor set

- 71100 Pep/Rmt™ set with infant mask
- 71101 Pep/Rmt™ set with child mask
- 71102 Pep/Rmt™ set with adolescent mask
- 71103 Pep/Rmt™ set with adult mask
- 71104 Pep/Rmt™ set with adult mask large
- 71108 Pep/Rmt™ set with mouthpieces

### Accessories

- 71109 Mouthpieces
- 71110 Infant mask with adapter
- 71111 Child mask
- 71112 Adolescent mask
- 71113 Adult mask
- 71114 Adult mask large

- 71118 Tracheostomy adapter
- 71119 Pep/Rmt™ valve
- 71120 Resistor set, 8 pieces
- 71121 Resistor 1.5 mm black, 5 pieces
- 71122 Resistor 2 mm white, 5 pieces
- 71123 Resistor 2.5 mm yellow, 5 pieces



**PEP to normalise increased lung volumes.**

PEP can be used to reduce excessive functional residual capacity as in the case of severe stages or exacerbation in obstructive pulmonary disease.



**Inspiratory Muscle Training.** IMT can be used to exercise strength and endurance in the inspiratory muscles in patient groups with impaired muscle function, as in chronic obstructive pulmonary disease (COPD) and various neurological diseases. It is also used to lower the risk of post-operative lung complications in patients undergoing heart surgery and for athletes to increase performance.

IMT can be used to exercise strength and endurance in the inspiratory muscles in patient groups with impaired muscle function, as in chronic obstructive pulmonary disease (COPD) and various neurological diseases. It is also used to lower the risk of post-operative lung complications in patients undergoing heart surgery and for athletes to increase performance.



**Secretion elimination with PEP and HiPEP.** PEP can be used in the case of increased secretion in the airways, as in cystic fibrosis and COPD and in the case of infection in people with multiple severe disabilities.

PEP can be used in the case of increased secretion in the airways, as in cystic fibrosis and COPD and in the case of infection in people with multiple severe disabilities.

HiPEP is a method for eliminating secretion from the airways using forced exhalation, against an expiratory resistance, to residual volume.



- 71124 Resistor 3 mm blue, 5 pieces
- 71125 Resistor 3.5 mm green, 5 pieces
- 71126 Resistor 4 mm orange, 5 pieces
- 71127 Resistor 5 mm brown, 5 pieces
- 71128 Resistor 6 mm purple, 5 pieces

- 71130 Pep/Rmi™ manometer 0 to 60 cm H<sub>2</sub>O
- 71131 Pep/Rmi™ manometer -30 to +30 cm H<sub>2</sub>O
- 71132 T-connector for manometer
- 71133 Spare glass for manometer



Order the educational material by e-mail: [export@wellspect.com](mailto:export@wellspect.com)

**Pep/Rmt™**

**Multi-application respiratory training**



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