

PRECAUTIONS AND CONTRAINDICATIONS

EMST150 respiratory muscle training is drug-free, suitable for almost everyone and, when used properly, causes no harmful side effects. If in doubt, consult your doctor or therapist.

- Do not share the EMST150 with other people (including family members) to prevent the spread of infection. Clean the device regularly, e.g. once a week.
- Without an adapter, the EMST150 is intended exclusively for training the exhalation muscles. With the IA150 adapter, the EMST150 is intended for training the inhalation (inspiratory) muscles.
- The training should provide noticeable resistance, but should not be painful. If you experience pain, stop immediately and consult your doctor or therapist.

CONSULT A DOCTOR BEFORE USE IN THE FOLLOWING SITUATIONS:

- History of spontaneous pneumothorax; after traumatic pneumothorax/rib fracture, use only after complete recovery
- Recent stroke
- Indwelling cerebrospinal fluid drain or intracranial pressure measurement
- Recent surgery or trauma to the face, mouth, neck, skull or thorax (including heart surgery)
- Epistaxis/nosebleed
- Oesophageal surgery
- Acute haemoptysis/coughing up blood
- Lung transplant, lung resection
- Tracheostomy patients: tracheal cuff must be completely unblocked with adequate secretion management; doctor's order required. After decannulation: Tracheostoma completely closed/healed, doctor's order required.

CONTRAINDICATIONS:

- Asthma patients with low symptom perception and frequent severe exacerbations or abnormally low dyspnoea perception
- Patients with tympanic membrane perforation or other ear disorders
- Pregnancy or possible pregnancy
- Untreated and uncontrolled reflux
- Untreated and uncontrolled hypertension
- Abdominal hernia or recent abdominal surgery

Please consult your doctor or therapist for advice and instruction on how to use the EMST150.

YOUR EMST150

Training with the EMST150 has been proven to improve breathing and swallowing functions as well as quality of life and physical fitness. For optimal results, consult your doctor or therapist and train only as instructed. Please keep these instructions in a safe place!

The EMST150™ is a product of

Aspire LLC

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Competent partner in many EU countries and exclusive distributor in Germany and the Netherlands

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TRAINING WITH THE EMST150



„TAKE FIVE!“
FIVE WEEKS TO SUCCESS
YOUR MANUAL



WHAT DOES THE EMST150 DO?

The EMST150 is a training device for strengthening the expiratory muscles.

The expiratory muscles are those muscles that you use to exhale and that control your coughing, vocal and swallowing strength.

The EMST150 has been proven in scientific studies to be effective in increasing respiratory strength in musicians, athletes, young people and the elderly. In addition, studies in patients with various conditions – from snoring and obstructive sleep apnoea (OSAS) to stroke, Parkinson's syndromes and ALS – show that training with the EMST150 can improve breathing and coughing strength as well as swallowing efficiency.

INFORMATION FOR HEALTHCARE PROFESSIONALS:

Suitability for expiratory respiratory muscle strength training should be determined on an individual basis.

The Valsalva manoeuvre can serve as a good analogy here: if the Valsalva manoeuvre and the generation of increased intrathoracic/intracranial pressures are contraindicated, this also applies to expiratory respiratory muscle strength training.

Clinical experience and judgement are of utmost importance when using the EMST150.

CLEANING AND STORAGE

Only the mouthpiece is removable (easy to remove). Never dismantle other parts. Do not share the device with other people.

Clean the mouthpiece and device with warm water and mild soap, then allow to air dry. Do not use brushes and do not insert paper or cloth into the device. Do not put in the dishwasher or microwave. Avoid aggressive cleaning agents (bleach), ultrasonic cleaning and extreme heat.

Store the device in a clean and dry place.

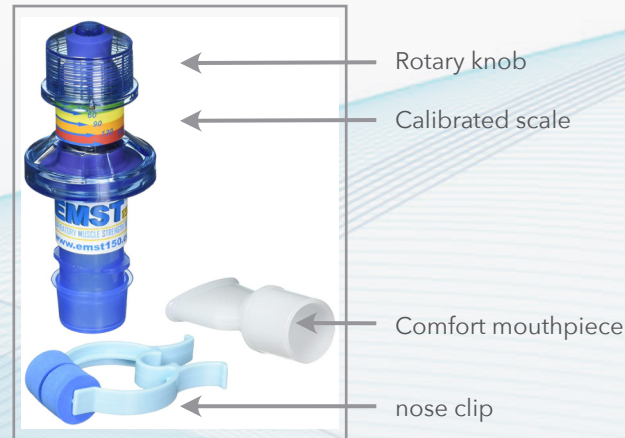
The device should be replaced if it is damaged, deformed or has non-removable contamination.

Keep the EMST device and all removable parts such as the mouthpiece and nose clips out of the reach of children!

Contains small parts that may be swallowed!

TRAINING WITH THE EMST150

PACKAGE CONTENTS



GENERAL OPERATION

Turning the knob clockwise (to the right) increases the resistance of the valve, making it harder to breathe out through the valve. Turning it anticlockwise (to the left) loosens the valve, making it easier to breathe out.

The position of the small metal screw located on the lower edge of the rotary knob indicates the exhalation pressure required to open the valve.



INSTRUCTIONS: DETERMINE MAXIMUM EXPIRATORY PRESSURE (MEP)

1. Put on the nose clip and turn the metal screw to 30.
2. Take a deep breath, place the mouthpiece behind your teeth and close your lips around it.
3. Exhale quickly and forcefully until the air escapes.
4. If successful: turn the knob a further ¼ turn clockwise and repeat.
5. If the valve no longer opens: turn back ¼ turn until it works.
6. Note this value (= MEP) for week 1. Your exercise pressure is always below this.

FIRST WEEK OF TRAINING:

Turn back ¼ turn from the MEP (or as directed by your therapist). This is your **exercise pressure**. Then:

1. Put on the nose clip, inhale deeply and hold your breath.
2. Place the mouthpiece behind your teeth, enclose it with your lips and press your cheeks together if necessary.
3. Exhale quickly and forcefully until the air escapes with a hissing sound.
4. Pause for 15-30 seconds!
5. Repeat steps 1-4 five times = one "set of 5 breaths".
6. Pause for 1 minute, then do another four sets of 5 breaths.

Repeat 5 days a week. Note the date, time and exercise pressure. Do not change the exercise pressure during this time.

WEEK 2 TO WEEK 5

At the beginning of the second week of training, turn the knob ¼ turn clockwise to increase the resistance/exercise pressure. Increase further if necessary, but exhalation should be possible without extreme effort. **Stop training if you feel uncomfortable or dizzy!** Note down the new exercise pressure so that you and your doctor or therapist can track and measure your progress.

After one week, determine the new MEP again and use it as the basis for the new exercise pressure. Set the exercise pressure as before (turn back ¼ turn or as specified by the therapist).

In weeks 3-5, continue the training as described above: five "sets of 5 breaths" per day, five days a week. **The Power of Five!**

PERFORMANCE MAINTENANCE

After the 5 weeks of training, you can continue with low-frequency training to maintain your performance level using the resistance you have achieved:

Practise 3 days a week with five sets of 5 breaths each (a total of 25 breaths per day). The resistance can be increased further if necessary, but the training should never result in extreme overexertion or fatigue.

TIP: Train when you are well rested and have sufficient time (approx. 20-30 minutes/day). Recommended: daily at the same time, in a seated position.

We wish you every success with your EMST150!