

A close-up photograph of a woman with long brown hair and blue eyes, looking upwards and to the right. She is holding a white and blue respiratory trainer device in her mouth. The device has a blue mouthpiece and a white body with a blue circular opening. The background is a bright, out-of-focus window with green foliage visible outside.

THE BREATHER™

**#1 Best Selling
Respiratory Trainer
1.1 million patients &
counting**



ABOUT PN MEDICAL

- ⌘ Founded by a clinician, 1980
 - ⌘ The Breather was the first device of its kind
 - ⌘ 1,100,000 patients served
 - ⌘ Evidence based, outcome driven
 - ⌘ We are single purpose driven
- To help millions of people sustain or reach their cardiopulmonary potential

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THE
BREATHER.

BREATHER
FIT.

BREATHER
COACH.



THE BREATHER

The Breather is a Respiratory Muscle Trainer

Drug free, evidence based, high-impact therapy that targets the central issue surrounding chronic ailments—weak respiratory muscles.

Supports both parts of the respiratory breath cycle independently: inspiration & expiration



The Problem

Respiratory Muscle Weakness (RMW)

- Affects 60 Million people in the US
- If not treated — patient continues to weaken
- Drugs & Expensive Treatments — only mask the problem

How the Problem Affects Us

Weak respiratory muscles result in shortness of breath, reduced stamina, poor sleep and the inability to expectorate – especially dangerous for the elderly, those with asthma, pulmonary rehab, and COPD.



PREVALENCE OF RMW

Percentage of Patients Who may Present RMW

- **30 - 50%** of CHF patients
- **76%** of acute heart failure patients
- **50%** of moderate to severe COPD patients
- **69%** of patients have RMW at ICU discharge
- **30%** reduction of diaphragm strength within 6 days of MV
- **Up to 100%** of institutionalized elderly

BENEFITS OF RMT

- Strengthens:
 - **Inspiratory Muscles:** diaphragm, external intercostals, accessory muscles of neck.
 - **Expiratory Muscles:** internal intercostals, abdominals.
- Promotes **diaphragmatic breathing**.
- Generates improved **airflow** through vocal folds.
- Decreases **shortness of breath**.
- Improves respiratory support for **safe swallow** function.
- Promotes **protective cough** and assists in airway clearance.



1. Strengthens BOTH Inhale & Exhale Muscles

- Includes BOTH Inhale and Exhale Resistive Pressure
 - IMT and EMT
- Benefits
 - Strengthens vocal, abdominal, diaphragm and respiratory muscles
 - Decreases shortness of breath
 - Helps cough production
 - Enhances stamina
 - Safe Swallowing, Sleep apnea, Asthma, COPD & more

2. Easiest to Use (by-the-numbers)

- Large numbered dials
- Grip Ridges
 - Easy to turn by hand or palm (weak grip strength)
- Easy for clinicians to prescribe
- “Set to 3”
 - Instead of “Turn 25%”
- Patients progress by the numbers





3. Industry's MOST Comfortable

- Only *patented* medical device with...
 - Flanged ergonomic mouthpiece
 - Natural Grip Points
 - No claustrophobic face mask or scary mouthpiece

4. ONLY Respiratory Device with App

- Mobile app for IOS and Android watch, phone or tablet smart device
 - With manual or voice input that guides breathing, perfect for arthritis or stroke
- Alerts if you missed a session
- Captures baseline, daily and weekly assessments and progress
- Connects directly to your clinician who establishes and monitors your routine



Protocols for Use

- 1) Sit upright and hold the mouthpiece between your lips
- 2) Breathe in and out through the Breather, using diaphragmatic breathing
- 3) At training onset, set both inhale (1-6 setting) and exhale (1-5 setting) to 1
- 4) Regularly adjust to a setting at which you can manage 10 breaths at 70% effort
- 5) Do 2 sets of 10 breaths 2 times per day
- 6) Repeat 6 days per week

Benefits should become apparent after 4 weeks of training.



Thank you!

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