

Oscillatory Positive Expiratory Pressure (OPEP) Devices

What are they?

These devices help to make it easier to clear mucus that may be trapped in your lungs. As you blow through them, you will feel vibrations (oscillations) and some resistance (positive expiratory pressure). This helps to loosen mucus and move it around.

Oscillatory PEP devices are used with other airway clearance techniques, such as a controlled cough or huff cough, to finally get the mucus out.

Some common devices include:



Aerobika ®



Acapella ®



Flutter ®

Talk to your health care professional to see if an OPEP device is right for you and how to use it as part of a pulmonary (lung) hygiene routine.