Autogenic Drainage

Autogenic Drainage (AD) uses a continuous controlled breathing pattern combined with huffing and coughing to assist with mucus clearance. Although this technique does not require equipment, you must be able to concentrate and maintain your focus in order for this to be an effective airway clearance technique.

AD consists of 3 breathing phases followed by huffing and coughing to clear mucus from your lungs.

The 3 breathing phases:
- #1 “Unstick” mucus in your lungs
- #2 “Collect” mucus in your lungs
- #3 “Evacuate” mucus from your lungs

Sit up straight with a relaxed posture.
Breathe in through your nose.
Breathe out through your mouth.

Autogenic Drainage should take 20-45 minutes or until you no longer feel secretions.
Repeat until you hear/feel secretions or need to cough.

3 sec. hold

Huff

Unstick phase

Collect phase

Evacuate phase

Remember:
Breathe in through your nose
Breathe out ("sigh") through your mouth

Breathing in Autogenic