

Can I do the training at any time of the day?

Yes, you can complete the training at any time of the day, however we recommend you complete it at the same time each day, where possible

What happens when I stop training?

When you stop training, over time, there may be some reduction in your respiratory strength. For this reason, we recommend maintaining the benefits by continuing the programme for 2-3 days a week over the longer term

How long does the training go for?


Training takes place over a 4-6 week period. After that, you should start the recommended maintenance training protocol


Can I share my device?


Absolutely not. Although we recommend regular cleaning of your device, sharing your device between users may transfer germs

A cost effective way to maintain your respiratory, vocal and swallowing health and strength

CONTACT US

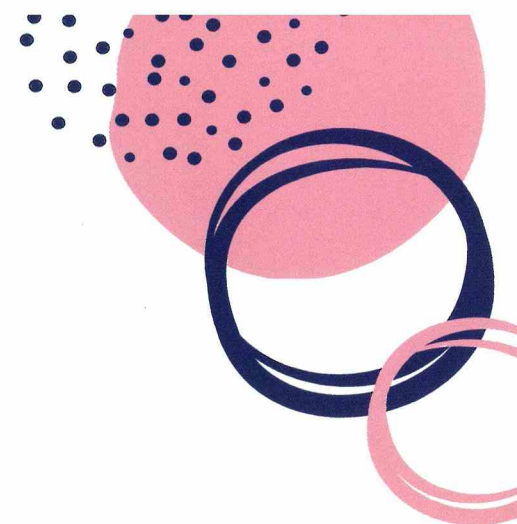
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EXPIRATORY MUSCLE STRENGTH TRAINING (EMST)

QUESTIONS AND ANSWERS

Enable Speech Pathology





EMST - THE BACKGROUND

Respiratory Muscle Strength Training (RMST) is the name given to a group of exercises designed to strengthen the respiratory muscles involved in breathing. They can include both inspiratory (IMST) and expiratory (EMST) exercises. Over time, researchers found that expiratory exercises helped other functions such as swallowing, cough and pressures for producing voice. Overall, EMST has been shown to maintain, or improve swallowing, cough and different aspects of voice production.

EMST uses a specific device that works like a gym for your expiratory muscles. EMST has been studied on various populations including Multiple Sclerosis, Spinal Cord Injury, Parkinson's Disease, and Motor Neurone Disease, to name a few.

If you choose to start an EMST programme with Enable Speech Pathology, we will give you all the equipment needed to get going in your own exercise programme. We monitor you throughout and you can call us at anytime if there are any issues.

WHAT YOU NEED TO KNOW

Can anyone do EMST?

EMST is suitable for most people, however there are some contraindications. These include acute stroke, untreated hypertension, untreated gastroesophageal reflux and pregnancy

Do I need to wear the noseclips?

No, not in all cases. However, if air is leaking out of your nose during training, it will be more effective to wear the noseclips

Can I sit down and do the training?

Yes,. In fact, we recommend for anyone completing the training to do it in a seated position

How many days a week do I practice?

Training takes place 5 days a week for 15-25 minutes, depending on the individual