



VibraPEP®

Oscillatory PEP Therapy (OPEP)

Lung volume is impacted by factors such as weight, height, sex and age. Lung function is impacted by respiratory conditions such as COPD, Cystic Fibrosis, irritation, ability to cough, and patient mobility. These physiological characteristics and conditions can lead to defects in normal clearance and lung function, reducing the patients' ability to generate flow. **Therefore, an important factor when considering a secretion clearance intervention is the patients' ability to generate enough expiratory flow to achieve expiratory pressure targets.**

The AARC Clinical Practice Guidelines for PEP instruct patients to sustain exhalation activity, but not forcefully, for 3-4 seconds creating a pressure above the baseline of 10 to 20 cmH₂O. The expiratory flow required to generate the therapeutic pressure threshold varies considerably among OPEP devices.

In published bench testing, VibraPEP® required **34-54% LESS** total lung volume than other OPEP devices across target pressure ranges.¹

Steady state flow rates (liters/sec) for devices at the Low, Medium, and High target pressure. Error bars indicate 95% CI



¹ Variability in expiratory flow requirements among oscillatory positive expiratory pressure Sherwin E Morgan, Steve Mosakowski, Brenda L. Giles, Edward Naureckas, *Can J Respir Ther* March 2020, 56

* No data were collected for vPEP at the high target pressure.