

# Breathing Tests

## **NB10 (nasal breathing 10x) test:**

We measure how long it takes for the patient to take 10 breaths through the nose (1 breath = 1 full inhalation & 1 full exhalation) If the patient starts to breathe through the mouth during the test, please start over. If 10 breaths takes 30 secs or less, the breathing disorder is severe and extra attention is warranted. Please use the Myobrace K0 appliance or Myosa KS1 appliance to establish a functional airway first, before continuing to Myobrace K1 appliance or Myosa KS2 appliance, once a functional airway has been established (30 secs or more).

## **NB3 (nasalbreathing 3 mins) test:**

Have your pt breathe through the nose for 3 mins. Your pt should not show any discomfort (e.g. heaving shoulders, loud breathing, flaring nostrils, yawning or sighing) during these 3 mins. Sit the pt down on a chair, with a straight back (no leaning back) and the feet firmly on the ground for this test.

When your pt starts to breathe through the mouth during the test, or if they show any discomfort, please use the Myobrace K0 or Myosa KS1 appliance to establish a functional airway and improve nasal breathing.

## **BHT (Breath Hold Time):**

This test can also be used to improve nasal breathing and to measure progress. Have the pt take 3 breaths through the nose, and after the last full exhalation, have them stop their breathing and count the secs until they have to take another breath. Make sure that when they start breathing again, that they breathe through their nose! They do this 3x in a row, and the average number of secs is the result: when BHT is 30 secs or less, please use the Myobrace K0 or Myosa KS1 appliance to establish a functional airway first.

## **PACES exercise:**

This exercise is meant as a test as well as an exercise to improve nasal breathing in children and to measure progress. It works the same as the BHT test, but instead of counting the secs how long they can hold their breath, we have the children take steps and the child has to count the steps until they have to breathe again. Children put their finger on their lips when counting the paces to remind them not to use their mouth when they have to breathe again. The children do this exercise 3x in a row and the average number of steps is the result. Children do this 3x in a row, twice a day. When the average result is 30 steps or less, please use the Myobrace K0 appliance or the Myosa KS1. Have the children do this exercise every day for 30 days to establish a functional airway and improve nasal breathing. When nasal breathing improves, the number of steps they can take when holding their breath also improves.



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