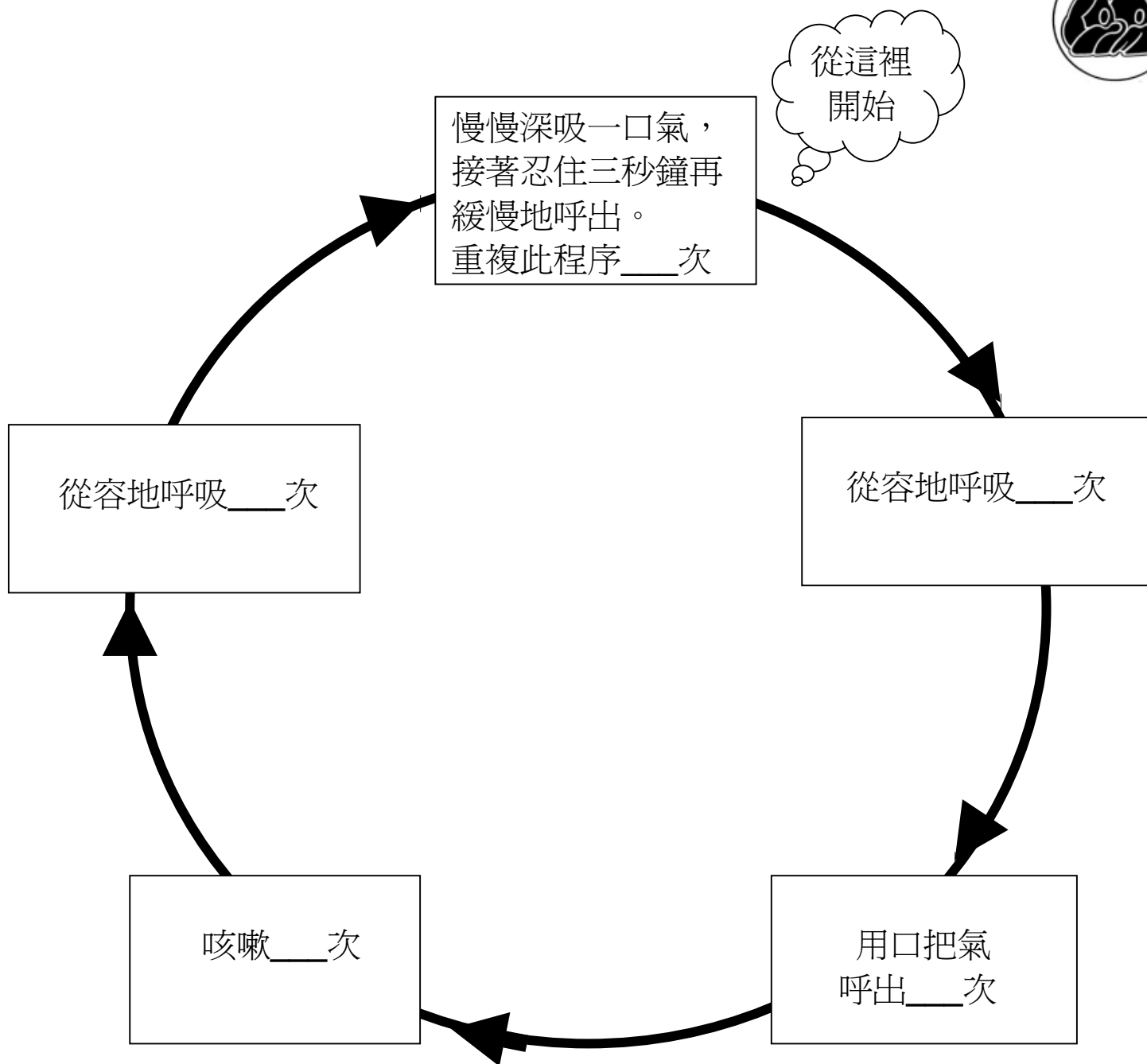


ACBT 有效呼吸技巧循環圖

ACBT – Active Cycle of Breathing Technique



每小時重複___次

- 左躺
- 右躺
- 坐直