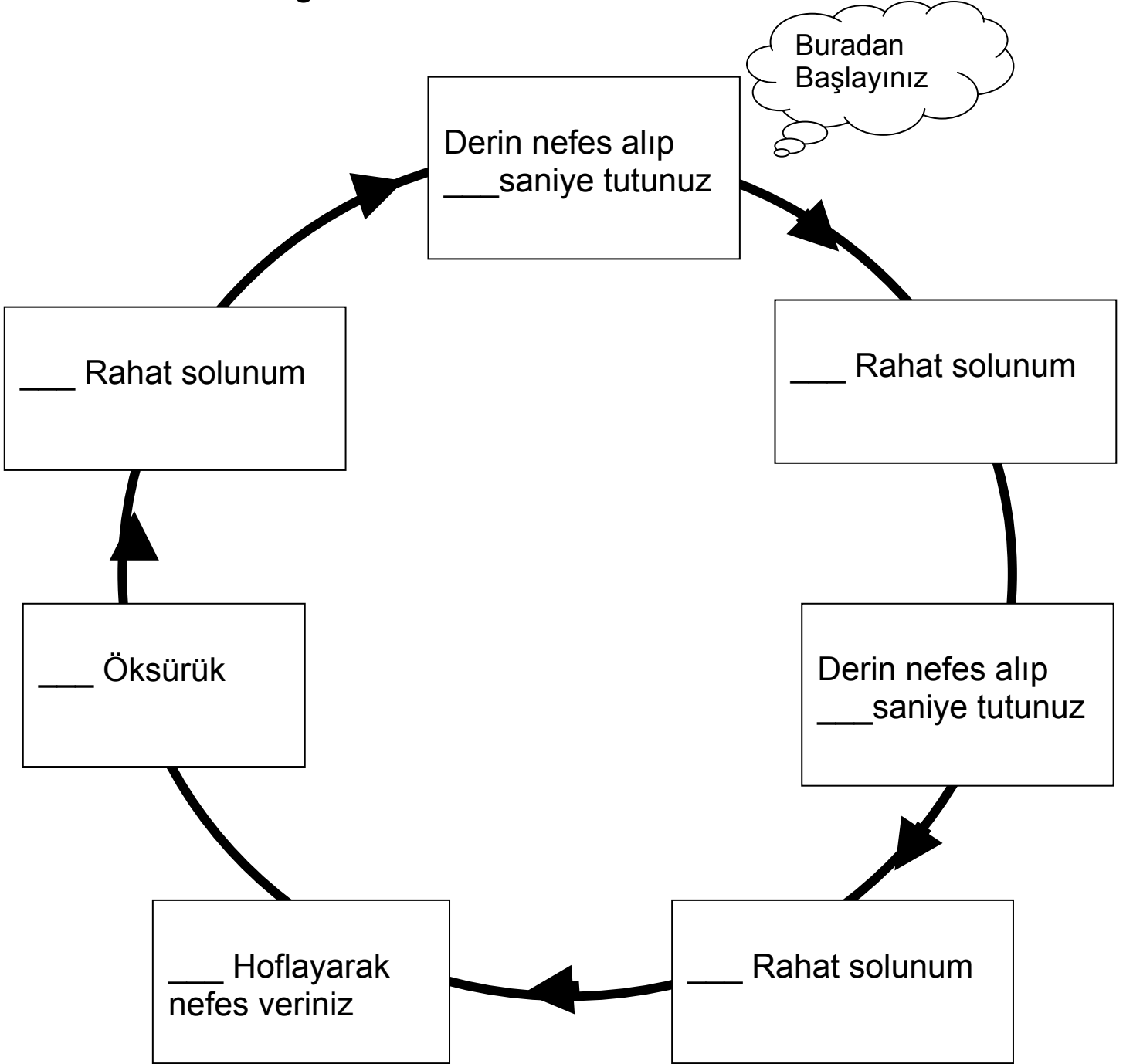


ACBT – Active Cycle of Breathing Technique

Solunum Tekniğinin Aktif Devresi



**Her saatte ___ kere
tekrarlayınız**

- Sol tarafa yatarak
- Sağ tarafa yatarak
- Dik oturarak