

# EMST (Expiratory Muscle Strength Training)

Speech and Language Therapy

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## What is the EMST?

- Expiratory muscle strength training (EMST) exercises the muscles that control breathing out (expiration).
- EMST exercises work against a pressure threshold as you blow out.

## Who does it help?

The EMST exercise helps people with difficulties voicing and swallowing.

## How does it help?

- It helps to strengthen the muscles used for breathing out.
- It also trains the muscles involved in swallowing and voicing.

## Instructions:

1. Take your EMST device and ensure it is at the pre-set pressure threshold.
2. Hold the device close to your mouth and place your other hand around your chin.



3. Take an adequate breath in, place the device in your mouth. Blow out quickly in one short, strong breath.

You will hear a short puff of air.



4. Do this five times. Take the device away from your mouth each time.
5. Rest for one minute.
6. Do five more repetitions and rest for another minute.
7. Repeat this five times in total. You should do a total of 25 'blows' through the EMST device.

## How often do I need to complete the EMST exercises?

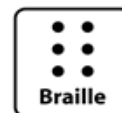
You should complete 25 repetitions once a day.

Complete this exercise five days a week, for five weeks.

<b>Week 1</b>					
<b>Week 2</b>					
<b>Week 3</b>					
<b>Week 4</b>					
<b>Week 5</b>					

## If I have any queries who do I ask?

Please telephone the Speech and Language Therapy Department.



### If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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