



Pressure that's good for you

Threshold PEP and IMT

With a flow-dependent, one-way valve, threshold devices maintain a constant pressure, regardless of the patient's airflow. This eliminates the need for a pressure indicator. The Threshold PEP, an expiratory pressure trainer for airway clearance, bronchiole hygiene or chest physical therapy, and the Threshold IMT, an inspiratory muscle trainer for muscle strength and endurance, are easy to set with adjustable pressure in cm H₂O.

When patients exhale through Threshold PEP, the resistive load creates positive pressure that helps open the airways and allows mucus to be expelled during 'huff' coughing, or Forced Expiratory Technique (FET). Threshold PEP may also help improve gas exchange and medication deposition when used in conjunction with nebulizer treatments. When patients inhale through Threshold IMT, a spring-loaded valve provides a resistance that exercises respiratory muscles through conditioning.

Threshold PEP



Threshold IMT



Common features of Threshold PEP and Threshold IMT¹

- Provides effective therapy when held in any position
- Can be used with a mouthpiece or mask
- Accuracy and reproducibility assured for a minimum of two years
- All products are quality-control inspected at the factory before shipment and are backed by one-year unconditional warranties

Threshold PEP²

- Improves mobilization and prevents accumulation of secretions
- Promotes effective breathing patterns and improves gas exchange
- Improves central and peripheral airway function
- Prevents or reverses atelectasis
- Optimizes bronchodilation when combined with respiratory drug delivery via nebulizer or MDI spacer devices

Threshold IMT³

- Increases respiratory muscle strength
- Increases respiratory muscle endurance
- Increases exercise tolerance



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CAUTION: US federal law restricts these devices to sale by or on the order of a physician.

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	Threshold PEP	Threshold IMT
Performance data		
Accuracy	± 1 cm H ₂ O	± 2 cm H ₂ O
Reproducibility	± 0.5 cm H ₂ O	± 1 cm H ₂ O
Dimensions		
Length	5.1"	4.6"
Diameter	1.6"	1.6"
Weight	1.3 oz	1.3 oz
Calibration data		
Measurement range	5–20 cm H ₂ O	9–41 cm H ₂ O
Resolution	1 cm H ₂ O	2 cm H ₂ O
Materials		
Main body	Impact-resistant acrylic	
Scale	Hot-stamped, alcohol-resistant	
Mouthpiece	Polypropylene	
Nose clip	Polypropylene	

Ordering information

Product description	Reorder number	Units/case
Threshold IMT	HS730	10
Threshold IMT (CE marked with labeling in 13 languages)	HS730EU	10
Threshold PEP	HS735	10
Threshold PEP (CE marked with labeling in 13 languages)	HS735EU	10
Oxygen adaptor	HS730A	10

Each Threshold PEP and Threshold IMT unit is packaged in a plastic bag with instructions for use, mouthpiece, and nose clip.

Cleaning

Use warm water and a mild liquid detergent to thoroughly clean your Threshold PEP and Threshold IMT and any attachments you have used. To rinse, flush clear water through both ends of the device and the attachments. Shake out excess water and allow to air dry. Do not boil or heat. After allowing the device and attachments to dry completely, store them for your next therapy session.

1 Information on file with Philips Respironics

2 Mahlmeister MJ, MS, RCP, RRT; Find, JB, MS, RCP, RRT; Hoffman, GL, RCP, RRT; Fifer, LF, RCP, RRT. Positive Expiratory Pressure Mask Therapy: Theoretical and Practical Considerations and a Review of the Literature

3 Larson JL, Kim MJ, Sharp JT, Larson DA: Inspiratory muscle training with a pressure threshold breathing device in patients with chronic obstructive pulmonary disease (abstract). Am Rev Resp Dis 1986;133:A100.

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