



#### Included Accessories



#### Self Application Package (Available Separately)



#### Timing of Treatments

The time of application is dependent upon each individual's extent and nature of bronchial congestion. In general, treatment times should be identical with manual treatment times. (i.e. one to two minutes of percussion per bronchial segment, each interspersed with huffing and coughing procedures to bring up and clear loosened mucous secretions).

#### Indications for Use

The Flimm-Fighter Directional-Stroking percussor is designed as a mechanical adjunct for use in segmental bronchial drainage procedures. It is not intended for use in situations where a qualified and experienced physical therapist or respiratory therapist is regularly available to provide bronchial drainage by manual means. However, in situations where no qualified therapist is readily available, the use of a mechanical adjunct for segmental bronchial drainage may be preferable to either no therapy or to therapy by an inexperienced lay person.

Segmental bronchial drainage is indicated for individuals with:

- Increased production or increased viscosity of bronchial secretions.
- Impairment in the normal functional removal of bronchial secretions.
- Ineffective cough mechanism
- Weakness of respiratory muscle function

Accordingly, segmental bronchial drainage is indicated for individuals with:

- Cystic Fibrosis
- Bronchiectasis
- Chronic Bronchitis
- Atelectasis
- Asthma
- Bronchopulmonary Dysplasia

As a preventative technique, segmental bronchial drainage can benefit individuals with:

- Predisposition toward increased production or increased viscosity of bronchial secretions.
- Muscular weakness of the chest
- Shallow respiration due to chest weakness, chest pain or neuromuscular abnormality.

When used prophylactically in post-op chest surgical patients, segmental bronchial drainage is helpful in preventing post-operative pneumonia or atelectasis.



#### Contraindications

Normal precautions should be observed in the use of your Flimm-Fighter due to its deep vibratory and percussive penetration. Do not use:

- Over acute inflammation
- Over hemorrhaging areas
- Over skin lesions
- Over malignant lesions
- Thrombophlebitis and Lymphangitis
- Over Lung Abscesses, pulmonary tuberculosis, pneumothorax, & lung tumors.
- Over the eyes
- Over varicose veins
- When the patient is hyper-sensitive to vibration
- Acute severe episodes of bronchospasm
- Unrepaired tracheo-esophageal fistulae
- Post-operative co-arcation of the aorta and heart valve replacement
- Hypoxemia
- Left-heart failure or cor pulmonale
- Dislodgement of foreign bodies

## Operating Instruction Manual



#### GENERAL PHYSIOTHERAPY, INC.

13222 Lakefront Drive • Earth City (St. Louis) • Missouri 63045-1504 • U.S.A.  
Phone: (314) 291-1442 • Fax: (314) 291-1485 • Web Site: www.g5.com



U.S. Patent No. 4,098,266  
U.K. Patent No. 1,546,271  
Canadian Patent No. 1,108,955  
Other Patents Pending

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## FLIMM FIGHTER®



## Operating Instruction Manual



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Dear Flimm-Fighter Customer:

We have designed and manufactured the Flimm-Fighter system to allow home-care patients the opportunity to produce segmental bronchial drainage for themselves by means of self application - quietly, safely, and comfortably. Flimm-Fighters are designed to be used in the home! They are attractive, noiseless, and don't interfere with TV, conversation, or radio reception. Most importantly, they are effective in loosening and in helping to mobilize bronchial secretions. For best performance and proper usage practices, please read this operating manual thoroughly. This manual is applicable to all Flimm-Fighter models. If you have any questions, please don't hesitate to call us, or your local Flimm-Fighter distributor.

## Component Check List

Included with your Flimm-Fighter are the following accessories:

1. Vibration Applicator
2. Percussion (Cupping) Applicator
3. Warranty Card
4. Operating Instruction Manual



## Directional-Stroking®

All Flimm-Fighters incorporate our patented percussive Directional-Stroking® action. This rotational directional stroke has two force components: One perpendicular to the body, to help loosen mucus, and the other, parallel to the body, to help move mucus in the direction you select. While in use, the applicator handle is always to be positioned so that the red arrow on the handle points in the direction you wish to mobilize mucous secretions.

### Self-Application

The Self Application Kit is available separately and is supplied with a Velcro Positioning Belt and Custom Foam Pad, to permit self-application of Percussion on the back. And, to provide self-application while leaving the patient's hands free. Please follow the procedure below for proper usage of the Self Application Kit:



Lay the applicator handle (A) into the Custom Foam Pad (B). The Velcro hook and loop sections will hold the handle securely in place.

Next, attach the Velcro Belt (C) to the back of the Custom Foam Pad (B). The pad is always to be positioned so that the arrow points in the direction you wish to mobilize mucus.

Wrap the Velcro Belt (C) around your body. Be certain that the Foam Pad and applicator handle are positioned at the location of desired percussion. Insert the black tab section of the belt through the stainless steel cinch-ring (D) and pull to tighten. Apply the black hook section of the tab to the tan loop section of the belt, securing it firmly in place.



## Self Application Without Pad and Belt

The applicator handle of your Flimm-Fighter is designed for the shape and size of your hand. To self-apply without use of the pad and belt, simply hold the applicator handle in your hand and turn on the machine. (Do not turn on the machine unless you are holding the applicator handle. If the machine is turned on while the applicator handle is not being held in your hand, the applicator handle will vibrate without restraint).

With the applicator handle in your hand, turn the machine on, then place the nylon-cushioned section of the applicator on your chest or side. Be certain to be in the proper postural drainage position prior to applying the applicator. Proper positioning is critical to the effective use of your Flimm-Fighter. Mobilization of mucous secretions effectively depends upon correct positioning (to take advantage of the force of gravity), plus the additional effect of the Directional-Stroking provided by your Flimm-Fighter. To take advantage of the directionality of the stroke, always be sure that the red arrow on the applicator is pointing in the direction that you want mucous to flow.

To increase the percussive effect of your Flimm-Fighter, hold the handle at the connecting-cable end (furthest away from the red arrow). To minimize or reduce the percussive effect, hold the applicator handle by the round, palm section.

## Care and Maintenance

Your Flimm-Fighter requires no mechanical maintenance or any lubrication, ever. Upon receipt of your Flimm-Fighter, promptly inspect the unit for possible shipping damage. Then, complete and mail the warranty service card back to General Physiotherapy, Inc. At no time should the machine be dismantled for repair. If the machine does not function properly, return it to your local Flimm-Fighter dealer, or directly to us. The plastic motor housing and the plastic applicator handle can be cleaned with any normal household spray cleanser. However, never immerse the motor housing or the applicator head or handle in any liquid. The Velcro Belt is machine washable.



## Postural Drainage Positioning

The following paragraphs illustrate several positions to assume for effective segmental bronchial drainage. In all cases, the applicator handle should be positioned so that the arrow points in the direction that you wish to mobilize mucus.



**To drain the anterior (i.e. front) segment of your upper lobes:** Lie on your back on a flat surface. Place a Vari-Tilt® adjustable positioning board under your waist. Apply the pad of your Flimm-Fighter applicator directly on your chest, between your clavicles (i.e. collarbone). Reverse the location of the applicator for right-or-left side drainage. Be certain that the direction of stroke (per red arrow) is always pointing medially toward your sternum (i.e. breastbone).

**To drain the superior (i.e. upper) segment of your lower lobes:** Lie face down on a flat surface. Place a Vari-Tilt® adjustable positioning board under your waist. Apply the applicator pad between scapula and clavicle (i.e. collarbones). Reverse the location of the applicator for right-or-left side drainage. To self-apply, you can use the Velcro Belt/Foam Pad system, or, the applicator can simply be hand-held. Be certain that the direction of stroke is always pointing medially toward your spine.

**To drain the posterior (i.e. back) segment of your upper lobes:** Sit on the edge of a bed or chair. Lean forward at a 30 degree angle. Apply the applicator pad between scapula and clavicle (i.e. collarbones). Reverse the location of the applicator to either side of your spinal column for right-or-left side drainage. To self-apply, you can use the Velcro Belt/Foam Pad system, or, the applicator can simply be hand-held. Be certain that the direction of stroke is always pointing medially toward your spine.

**To drain the middle lobe of your right lung:** Lie on your left side and use the same procedure. To self-apply, you can use the Velcro Belt/Foam Pad system, or, the applicator can simply be hand-held. Be certain that the direction of stroke is always pointing medially toward your sternum.

**In all cases:** apply the cushioned face of the applicator on yourself at the locations indicated above and hold in place for 1 to 1 1/2 minutes. Then, turn the machine off, inhale deeply, and utilize a "huffing" or "coughing" procedure to bring up mucus for expectoration. After expectoration, move the applicator to the next bronchial segment and repeat the above procedure until all bronchial segments have been cleared.

It should be noted that a tilt-board such as the G5 Vari-Tilt® adjustable positioning board is recommended for most positions. The G5 Vari-Tilt® adjustable positioning board accommodates the full range of exact postural drainage incline positions. The foam pad density is designed so as NOT to absorb vibration and percussion, which would otherwise reduce procedure effectiveness.