**Pep Therapy**

Quake®. Airway clearance that’s effective to a fault.

For individuals suffering from mucus-producing respiratory conditions, the Quake offers comprehensive and convenient secretion clearance therapy in a portable, easy-to-use, handheld device.

Other vibratory Positive Expiratory Pressure (PEP) therapy devices have predefined and/or a narrow range of frequencies in which they can function. But the Quake offers a superior alternative.

The Quake allows the user to manually adjust the frequency and pressure intensity to suit one’s needs. This is achieved because the Quake is designed to allow individuals to alter both exhalation rate and the frequency of airway oscillation to produce the ideal vibratory level. The active, rather than passive, patient involvement while using the Quake can only contribute to a patient’s disease self-management. Altogether, the Quake provides unrivaled percussive control.

These advantages come in a fully portable product that can be self-administered in any setting and may be used in the most comfortable position and in any orientation.

<table>
<thead>
<tr>
<th>What makes up the ideal device?</th>
<th>Quake</th>
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</thead>
<tbody>
<tr>
<td><strong>Feature</strong></td>
<td><strong>Benefit</strong></td>
</tr>
<tr>
<td>Ability to use during inhalation and exhalation.</td>
<td>Vibratory pressure applied during inhalation may enhance secretion movement over exhalation alone.</td>
</tr>
<tr>
<td>Continuously personalize percussive pressure levels (pressure differential) and flow rate during use.</td>
<td>Great control by patient—can dynamically adjust the level of percussive effect to meet individual needs rather than predetermined in device’s design.</td>
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<tr>
<td>Single device for all flow settings.</td>
<td>No guesswork as to which device best fits a particular patient.</td>
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<tr>
<td>Used in any patient orientation.</td>
<td>Greater patient comfort and assurance of proper device use.</td>
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<tr>
<td>Disassembles completely.</td>
<td>Aids in cleaning the device to ensure it continues to operate optimally.</td>
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<tr>
<td>May use device with facemasks.</td>
<td>Greater comfort for some patients.</td>
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</tbody>
</table>

**Getting a handle on using the Quake.**

The Quake’s design provides a more intense expiratory pressure than competitive devices. The Quake’s rotating handle design ensures a user’s breath is completely occluded and opened in a repetitive and completely repeatable fashion. This feature results in a much more intense yet still fully variable expiratory pressure as compared to other handheld devices. This ability to create a more dramatic pressure differential is what makes the Quake a truly thoughtful solution for airway clearance therapy.

**Ordering Information**

<table>
<thead>
<tr>
<th>Item#</th>
<th>Description</th>
<th>Qty</th>
</tr>
</thead>
<tbody>
<tr>
<td>#10-370-01</td>
<td>Resistex w/Manometer*</td>
<td>12/Box</td>
</tr>
<tr>
<td>#10-370-00</td>
<td>Resistex*</td>
<td>20/Box</td>
</tr>
<tr>
<td>#10-553-51</td>
<td>Airway Pressure Manometer with tubing and stand</td>
<td>12/Box</td>
</tr>
</tbody>
</table>

**RESISTEX® BENEFITS (COPD AND CF PATIENTS)**

Patients Can Now Perform Resistance Breathing, in Conjunction with Aerosol Inhalation, while Monitoring Exhalation Pressure!

Resistex is a device that was designed to facilitate the opening of airways in patients suffering from COPD, Cystic Fibrosis and other lung diseases with secretory problems. Mercury Medical® now offers the Resistex PEP Therapy Device with an Adapter for in-line aerosol treatments.

Practitioners or patients can attach a nebulizer to the Resistex PEP Device providing Positive Expiratory Pressure and Nebulization Therapy into one session.

The Resistex unit, when used properly may improve the breathing process. You may now reduce or eliminate the need for other traditional airway clearance techniques; such as CPT, which may prove expensive and physically difficult on the patient and caregiver alike.

Resistex can also be used to mimic the pursed-lip breathing effect in a more controlled manner. This improved control contributes to muscle strengthening and greater physical endurance.

The Mercury Medical Resistex Expiratory Exerciser has a variable resistance setting that can be adjusted to meet individual expiratory requirements. The unit also features a one-way valve system which allows inhalation and exhalation without removing the device from the patient’s mouth.

While there is no known cure for COPD or CF at this time, symptoms may be relieved with the use of the Resistex device and medication as prescribed by an attending physician.

**RESISTEX® FEATURES AND BENEFITS**

- A simple device that can be used by children and adults for creating Positive Expiratory Pressure (PEP).
- Variable resistance with adjustable resistance dial.
- Replaces Pursed-Lip Breathing, thereby increasing muscle strength.
- Built-in manometer port.
- May be connected to pressure monitors and masks.
- Not sensitive to position.
- Single patient use.
- Easy-to-clean.
- Inexpensive.
- Single/patient use manometer accessory.

**Lung Exerciser - “Little Puffer”**

Non-Sterile

- Expiratory Resistance exercises ventilatory muscles leading to:
  - Aids in secretion clearance while reducing the need for postural drainage.
  - Improved tidal volume.
  - Increased endurance.
  - Lower respiratory rate.
  - Lower ventilatory demand.
  - Lower work of breathing (WOB).
  - May increase CO2 elimination.
  - Increased muscle strength.

- Plastic w/neoprene valve flap
- One way breathing valve
- Adjustable inspiratory and expiratory resistance
- Single use

#58-395281 12/Box

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