

Study Title: The Increase of Lung Capacity Using the Lung Master (Pulmonary Exerciser)

NCT #: NCT06524856

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Lung Capacity Data Collection Protocol

1. Prior to Data Collection

1) Equipment Preparation

- Ensure that the spirometer is calibrated and fully charged.
- For calibration, use the syringes and follow the instructions on the device.
- Verify that all necessary supplies, such as mouthpieces, nose clips, and gloves, are available and ready for use.
- Make sure to have a zip bag with the subject's name on it to store the mouthpiece for the second data collection.

2) Subject Preparation

- Explain the purpose of the spirometry test to the subject and provide a brief overview of the procedure.
- Verify that the subject has not smoked, exercised vigorously, or consumed heavy meals within the last 2 hours, as these factors can affect test results.
- Ensure that the subject is wearing comfortable clothing that does not restrict breathing.

2. Test Selection & Subject Information Entry

- Select "Forced Vital Capacity" on the device.
- Record the subject's sex by selecting the appropriate option from the drop-down menu.

3) Enter the subject's age in years.

3. Pre-Test Setup

- Instruct the subject to sit upright with their back against the chair. Their shoulders should be relaxed, eyes open, and feet flat on the floor with legs together.
- Apply a nose clip to ensure the subject cannot breathe through their nose.
- Provide the subject with the spirometer mouthpiece and instruct them to securely place it in their mouth.

4. Spirometry Test Procedure

- Ask the subject to start with normal breathing through the mouthpiece.
- Instruct the subject to take a deep inhale, filling their lungs completely.
- Immediately after inhalation, instruct the subject to exhale as forcefully and fully as

- possible. Encourage them to continue exhaling until they cannot push out any more
- air.
- Repeat the test THREE times.

5. Data Recording and Review

- After the completion of each test, review the spirometer display for the quality of the blow.
 - b) If the effort is insufficient, press "Reject" and repeat the test.
 - c) If the effort is sufficient, proceed to the next step.
- After all tests are completed, select "Results" to review the data from all tests performed.
- Record ALL value on the device to the excel sheet
- If further testing is required, select "Perform Another Test" to repeat the process.
- If testing is complete, select "Done" to finalize the session.

6. After data collection

1. Give the device to the subject

- Instructed them to start at level “4” on the first week
- Make sure both inhale and exhale ring on the same level
- Record the on their device log.

2. Give them the device log and the instruction sheet.