Lung Measurements

The amount of air you move in and out of your lungs while breathing normally is called the **tidal volume**.

It is possible to inhale and exhale more forcefully - the maximum amount of air moved in and out of the lungs is called the **vital capacity**.

**Peak flow** is the maximum rate at which air can be forced out of the lungs.

1. **Measuring Tidal Volume**
   - Stretch a round balloon several times.
   - Inhale normally and then exhale normally into the balloon
     **Don’t force you breathing**
   - Pinch the end of the balloon and measure its diameter.
   - Repeat this so that you have 3 total measurements

2. **Measuring Vital Capacity**
   - Stretch a round balloon several times.
   - **Inhale as much air as you can and force it into the balloon**
   - Pinch the end of the balloon and measure its diameter.
   - Repeat this so that you have 3 total measurements

3. **Measuring peak flow**
   - Push pointer on peak flow meter to zero
   - Take as deep a breath as possible, blow into the meter in one short blast
   - Record the position of the pointer
   - Reap this so you have 3 measurements

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