

USER MANUAL

C.H.E.S.T (Chest Expansion & Symmetry) Metre

STEP 1- Ask the patient to sit up or stand and locate the level of the 4th intercostal space/nipple level

STEP 2- Ask the patient to exhale and then strap the CHEST meter around the patient at the level of the 4th intercostal space ensuring that the mid-line indicator is at the midline/center of the sternum.

STEP 3- Push the release knobs simultaneously and ask the patient to take a deep breath (lasting about 4 seconds)

STEP 4- Take the reading of both the chest expansion and the chest expansion symmetry

