



Name: *Breathment*

Version: v1.1.32

Manufacturer



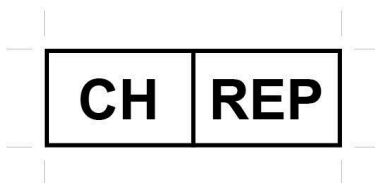
Breathment GmbH
Bahnhofstraße 35a
79206, Breisach am Rhein
<https://breathment.com/home>
info@breathment.com
+49 (0)176 808 395 44

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CE-Label



Breathment® ist ein CE-gekennzeichnetes
Medizinprodukt



Metecon Schweiz GmbH
c/o LMP Rechtsanwälte GmbH
Thunstrasse 21
3005 Bern

Instruction for Use



Please read the instructions for use. This can be found in the imprint and can also be accessed at:

- [IFU Therapy App](#)
- [IFU MyClinic](#)

Intended Use



Guidance of the patient in self-use through activities of pulmonary rehabilitation, disease management, relaxation techniques, physical and respiratory training.

Breathment supports patients aged 18 and over, or older than 14 according to the therapist's or a health professional's assessment, with a diagnosis of pulmonary disease. Both acute and chronic pulmonary conditions can be supported with the software.

Provided that contraindications and other causes requiring specific therapy have been ruled out. The collection and processing of self-evaluation data via a patient diary, standard surveys, activity tracking (e.g., daily step count), and training performance data support both the patient and the responsible physiotherapist in monitoring progress.

The following contraindications focus on conditions that may limit the ability to safely perform **moderate, unsupervised exercise**. They include absolute contraindications, where exercise is strictly discouraged, and relative contraindications, where detailed consultation with a healthcare professional is required before engaging in physical activity.

Absolute Contraindications:

- Advanced heart failure
 - Left ventricular failure, unspecified
 - Systolic (congestive) heart failure
 - Diastolic (congestive) heart failure
 - Combined systolic (congestive) and diastolic (congestive) heart failure
 - Other heart failure
 - Heart failure, unspecified
- Pulmonary embolism, pulmonary artery infarction (
- Deep vein thrombosis

Relative contraindications:

Only after detailed consultation with a healthcare professional if any of the following conditions are present (relative contraindications):

- Unexplained complaints of the cardiovascular system
 - Cardiac septal defect, acquired
 - Rupture of chordae tendineae, not elsewhere classified
 - Rupture of papillary muscle, not elsewhere classified
 - Intracardiac thrombosis, not elsewhere classified
 - Myocarditis, unspecified
 - Myocardial degeneration
 - Cardiomegaly
 - Other ill-defined heart diseases
 - Takotsubo syndrome
 - Other ill-defined heart diseases
 - Heart disease, unspecified
 - Conditions after acute myocardial infarction
- Pre-existing musculoskeletal conditions such as herniated discs
- Reduced bone density
- Operations in the area of the spine and large joints
- Neurological disorders such as recent cerebral infarction
- Gait unsteadiness
- Frequent fall events
- Condition after myocardial infarction
- Morbid (severe) obesity due to excess calories
- Current infection
- Pregnancy