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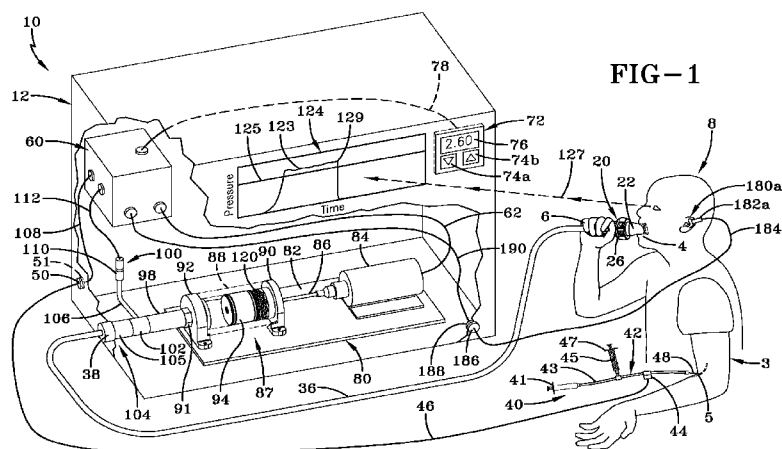
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**(54) Title:** METHOD, APPARATUS AND SYSTEM FOR THE PERFORMANCE OF VALSALVA MANEUVERS



**(57) Abstract:** Methods, apparatus and systems for precisely controlling a Valsalva maneuver and the timing thereof in conjunction with testing a patient for a cardiac shunt, and for ensuring that a patient performing a Valsalva maneuver creates a required pressure using their diaphragm. Embodiments of a Valsalva maneuver mouthpiece assembly are also disclosed for use with the invention methods, apparatus and systems. The mouthpiece assembly is adapted to selectively operate between a state that produces resistance to the exhalation pressure of a patient into the mouthpiece and a state wherein the pressure resistance is rapidly removed so as to cause an involuntary exhalation of the air in the patient's lungs at a time of desired Valsalva maneuver release.