

Percussion and Postural Drainage

Chest percussion uses clapping of the chest with a cupped hand to vibrate the airways in the lungs. This vibration moves the mucus from smaller airways into larger ones where it can be coughed up.

In babies it is usually combined with postural drainage positions. This uses different body positions where gravity will work to help move the mucus into larger airways. It also improves airflow into different lobes of the lungs.

How to do-

- Place your baby on a pillow on your lap to do treatment with their head supported.
- A cupped hand is used to pat the chest firmly and rhythmically over a layer of clothing or a towel. The wrist should be relaxed, and a vibration should be achieved through the chest wall, but should not cause discomfort.
- Percussion is usually performed in 20- 30 second intervals for about 2 minutes in each postural drainage position. The total treatment time for each session is usually 15 minutes.

Positions



Sitting leaning back



Alternate side lying 1/4 turn



Alternate side lying 1/2 turn



Tummy lying

Oxford Paediatric Physiotherapist - Cystic Fibrosis
01865 231999
Paed.cf@nhs.net

For more information on airway clearance:
http://www.cysticfibrosis.org.uk/media/151218/FS%20%20-Physiotherapy_airway%20clearance_v4_Apr_2013.pdf

Tips-

- Don't tip your baby's head down lower than their hips as this can lead to reflux and make your child sick.
- Physio should be done before meals, or at least an hour after food.
- When the child is old enough to follow instructions, encourage deep breaths, huffs and a cough following each segment.
- Your physiotherapist will help you to develop the best daily treatment routine for your child

Things to remember

- If prescribed, take DNase at least 1 hour before physio.
- Make sure you have taken any 'blue' inhalers, known as bronchodilators around 10 minutes prior to physio.
- If prescribed, take nebulised antibiotics eg Colomycin after your physio session.

Your physiotherapy routine

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