

## HFCWO (The Vest)

High frequency chest wall oscillation (HFCWO) is made up of an electric air compressor which connects to an inflatable jacket (vest) to vibrate your chest. These vibrations are designed to loosen any secretions and help clear your chest.



The HFCWO can be adjusted to suit you and your needs and this should be done by your specialist physiotherapist or by one of the manufacturer's representatives under the direction of your physiotherapist.

The HFCWO can vary the amount of the Vest itself is inflated which is often displayed on the device as pressure or pressure control (This is often between 5 and 6). It can also change the frequency of the vibrations (this is commonly between 10 and 15).

If using HFCWO you should aim to not use this as a stand alone treatment. Your treatment should be combined with one of the other modalities under the instruction of your specialist physiotherapist.

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For more information on airway clearance:  
[http://www.cysticfibrosis.org.uk/media/151218/FS%20%20-Physiotherapy\\_airway%20clearance\\_v4\\_Apr\\_2013.pdf](http://www.cysticfibrosis.org.uk/media/151218/FS%20%20-Physiotherapy_airway%20clearance_v4_Apr_2013.pdf)

Read a statement by the Association of Chartered Physiotherapists in Cystic Fibrosis, regarding two papers published regarding the efficacy of HFCWO (the Vest) by visiting the link below:  
<http://www.cysticfibrosis.org.uk/media/387121/ACPCF%20Vest%20statement.pdf>

### 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 10minutes prior to physio.
- If prescribed, take nebulised antibiotics eg colomycin after your physio session.

### Your physiotherapy routine

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