

Chest Physiotherapy

This is your airway clearance regime prescribed by your physiotherapist. If your symptoms worsen (e.g. coughing, shortness of breath), stop doing the techniques taught. If symptoms persists even after stopping the techniques, please seek medical treatment immediately.

1) Postural Drainage

Please wait 1-1.5 hours after meals

Alternate Sidelying (with pillow)



Side: N/A

Turn: N/A

Alternate Sidelying



Side: N/A

Turn: N/A

2) Airway Clearance

Percussions

1) Lay a towel over your patient, then cup both your hands as shown in the picture below:



2) Tap the back in an alternating movement. Remember to relax your wrists

3) Move it up and down the back of the affected lung

4) Repeat for 30 seconds

5) Cough/Huff

6) Repeat for [] cycles for each position

3) Additional Info

Bubble Positive Expiratory Pressure (Bubble PEP)

Equipment:

1L distilled water container, suction tubing approximately 20cm length, tap water

Instructions:

1) Put a 20cm length of suction tubing into the container so the end of it reaches the base of the container

2) Fill the container with 15cm of water. Do not enclose the top of the container

3) Inhale and blow out through the tubing, into the water to create bubbles. Blow out for as long as possible