

Chest Percussion and Postural Drainage

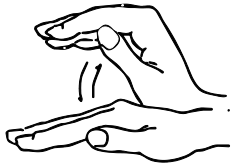
Goal of chest percussion and postural drainage (Chest Physical Therapy, CPT)

- The clearing and removal of mucus blocking the airway. Loosens mucus in the lungs so it can be removed by coughing. Keeping the airways unplugged is essential for healthy lungs.

Techniques are:

- Postural drainage - positioning the patient so that gravity will aid in moving the secretions out of the lungs and toward the throat and mouth.
- Percussion - hand clapping over the ribs of a patient, who has been placed in position for drainage. It's to loosen mucus plugging the lungs, so it can be coughed up.

Percussion ↓ ↓ ↓ ↓



The hand is cupped to form a cushion of air between the hand and the person's skin. Each percussion should have a hollow sound and should not sting. Reddened skin indicates "slapping" or not enough "cupping".

Procedure:

1. Position the patient (see pictures). Your medical staff will show you the areas for "clapping".
2. Position hand for percussion.
3. "Percuss" each area for 1 to 3 minutes. This may vary depending on patient's tolerance. Remember, be gentle but firm.
4. If more than one area of the lung requires drainage and percussion, start with the upper lobes, move to the middle lobes then to the lower lobes.
5. Encourage the patient to cough up and spit out the mucus.

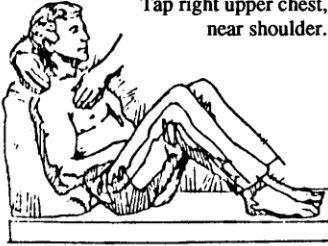
Suggested Times of Treatment:

- Upon awakening in the morning, to rid the patient of the night's build-up of secretions
- Just before retiring, to clear the respiratory tract and promote a peaceful sleep

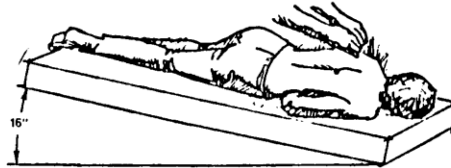
Special Considerations:

1. Do not percuss immediately after a meal; wait 1 to 1-1/2 hours.
2. Do not continue percussion while the patient is coughing.
3. Do not percuss over the belly (abdomen) and lower back; avoid the spine and other bony areas such as the shoulder joint and collar bone.
4. Caution should be exercised in percussion of the breast areas of developing adolescent girls.
5. Percussion should not be done if the patient is in severe pain, or if blood is seen in the mucus.
6. Before starting the treatment, loosen clothing, especially around the neck and waist.
7. The skin may be protected from irritation by using a thin shirt or towel over area to be "percussed".
8. Use a rhythmic and uniform motion.
9. Coughing can make the patient tired; do not make the patient cough too hard or too long. Crying in children (in place of coughing) is okay.
10. Children frequently cough up and then swallow the mucus; this is okay.
11. Remove rings and bracelets before performing "percussion".
12. Place patient in the sitting position during coughing.

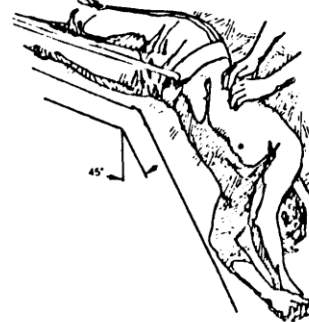
1. Sit upright, leaning back. Tap right upper chest, near shoulder.



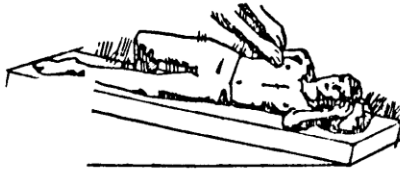
4. Lie face down on right side. Tap just below left shoulder blade. Use pillows to create angle if bed cannot be adjusted.



7. Using the edge of the bed bend over on left side, with arms hanging loosely. Tap right side.



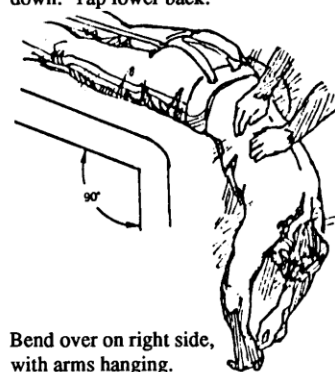
2. Lie on left side, with right arm thrown back. Tap right chest.



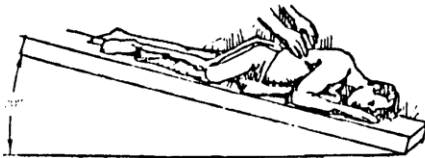
5. Lie on right side, with left arm thrown back. Tap left chest.



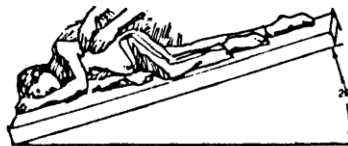
8. Bend over edge of bed face forward, with arms hanging down. Tap lower back.



3. Lie on left side, with right arm across the chest. Raise angle slightly, with another pillow if necessary. Tap right side.



6. Lie on right side, with left arm across the chest. Raise angle with another pillow if necessary. Tap left side.



9. Bend over on right side, with arms hanging. Tap left side.

