

Chest Physiotherapy (CPT) for Children and Adults

Children may get extra mucus in their lungs when they're sick. This may make it harder for them to breathe. Chest physiotherapy (CPT) helps get rid of the extra mucus and makes breathing easier.

There are 4 steps in CPT: positioning, clapping, vibrating, and huff coughing.

1. Positioning

- Position your child so the part of their lung that needs to be drained is higher than any other part of the lung.
- Their knees and hips must be bent. This makes coughing easier.
- Make sure they're comfortable to make CPT easier. They may lie on a flat surface or use a pillow under their head.
- Your child may watch TV or listen to music during CPT.

2. Clapping

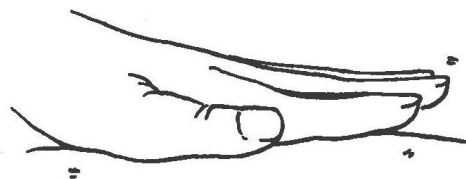
- Have your child wear a shirt or place a towel over where you will be clapping so it softens the clap.
- Bend your fingers at the knuckles and hold your thumb against your pointer (index) finger. Keep your fingers together to form a cup (Picture 1).
- Clap your hands on the area of your child's chest or back. See the chart on pages 4 and 5. The clapping should be:
 - In a regular rhythm that's fairly fast.
 - Firm so the mucus will leave the lungs.
 - As comfortable as possible. it shouldn't hurt your child.



Picture 1 Hold your hand like this to form a cup for clapping.

3. Vibrating

- Stiffen your shoulder and arm so they vibrate. Hold your hand flat over the affected area (Picture 2).
- The vibration should be done with gentle, downward pressure on the area.
- Vibrate 5 times as they breathe out. Have them try breathing out until they feel ‘empty.’



Picture 2 Hold your hand like this to vibrate.

4. Huff Coughing

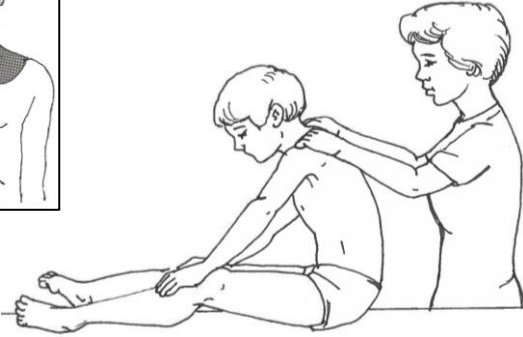
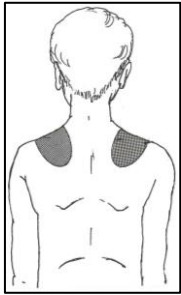
- Have your child huff cough 4 to 6 times to get the mucus out easier.
- If you see blood in their mucus, tell their doctor or health care provider.

Where to Do CPT

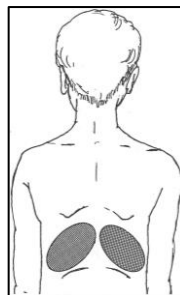
Upper and Lower Lobes on the Chest			
Upper lobes – Lay your child flat on their back. Clap over the collarbone.		Lower lobes – Lay your child flat on his back. Clap over the lower ribs.	
Left upper lobe – Lay your child on their left side. Roll them slightly backward. Clap over their left nipple.		Right upper lobe – Lay your child on their right side. Roll them slightly backward. Clap over their right nipple.	

Upper and Lower Lobes on the back

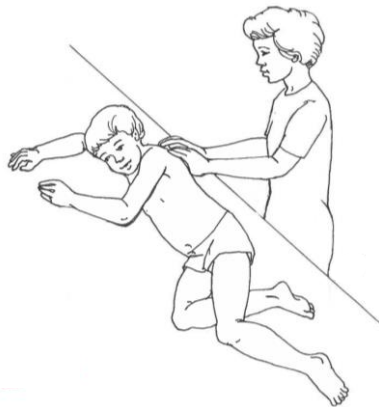
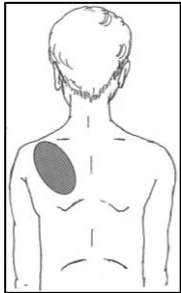
Upper lobes – Lean your child forward. Clap on both shoulders.



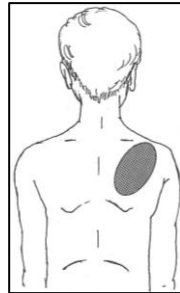
Lower lobes – Lay your child flat on their stomach. Clap over the lower ribs.



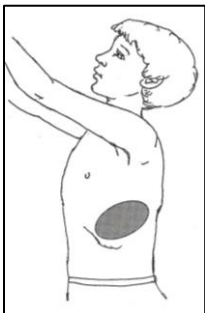
Left upper lobe – Lay your child on their right side. Roll them forward. Clap over the left shoulder blade.



Right upper lobe – Lay your child on their left side. Roll them forward. Clap over the right shoulder blade.



Left lower lobe – Lay your child on their right side with their knees bent. Clap over the lower ribs.



Right lower lobe – Lay your child on his left side with their knees bent. Clap over the lower ribs.

