

Chest Physiotherapy – Neuromuscular Program

Individuals with neuromuscular disorders may have problems clearing secretions from their airways due to weak breathing muscles and a weak cough. They may require assistance to help them in clearing their secretions.

Chest physiotherapy incorporates different techniques that help to loosen and remove secretions from the airways and lungs. These techniques can also help stimulate coughing.

When to do Chest Physiotherapy:

- 30 minutes before a meal or 1-2 hours after a meal
- Every day for 20-30 minutes. Do this more frequently when sick
- First thing in the morning and right before bedtime

Positioning:

- Changing the body position will help with secretion drainage from the lungs
- Each position should be maintained for 3-5 minutes
- The main positions include side lying, laying on back and laying on front (see below)

Clapping/Percussions:

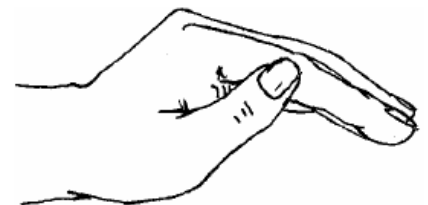
- Clapping on the chest wall over different areas of the lung will loosen secretions
- Have your child wear a shirt to protect and pad the area
- Clap **on the ribs** in the areas shown on the positioning page
- Keep your **hand cupped**, moving your wrist
- Clap firmly and steadily for 3-5 minutes in each area
- Avoid the stomach, breastbone and spine

Vibrations:

- Do this after percussions in each area
- Place your hands firmly and flatly over a location on the ribs
- Perform vibrations 2-3 times while your child breathes out

Have Your Child Cough:

- Coughing clears the secretions out of the lungs
- Encourage your child to cough after you complete clapping in an area. Do not continue until they have stopped coughing



Picture 2 Hold your hand like this to form a cup for clapping.



Picture 3 Hold your hand like this to vibrate.

Tips:

- Explain what you are doing
- Explain how this will help
- Find a relaxing location
- Listen to music or watch TV during chest physiotherapy
- Keep your arms relaxed while completing clapping and vibrations
- Have Kleenex close by

IMPORTANT:

Allow your child to finish coughing before continuing with chest physiotherapy

If your child is having trouble breathing, stop, sit up and rest until breathing returns to normal

Do not do chest physiotherapy over fractured ribs

If your child coughs up fresh blood, if their lip or nail color becomes blue or gray, or they develop a fever during chest physiotherapy, STOP and consult with your doctor

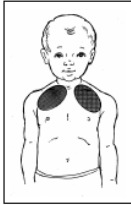
If you have any questions contact:

Melissa Dermody, PT
647-444-9219

Positions for chest physiotherapy:

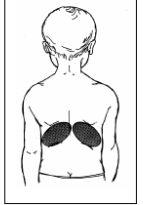
Upper Front Chest -- Upper Lobes

Have your child lie on his or her back with arms to sides. Stand behind your child's head. Clap both sides of your child's chest between the collarbone and nipple.



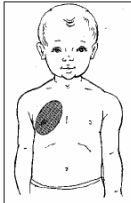
Lower Back Chest -- Lower Lobes

Have your child lie on his or her stomach. Clap both sides at the bottom of their chest just above the bottom edge of the ribcage. Do not clap the lower ribcage or over the backbone.



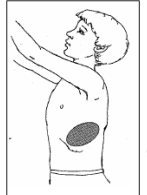
Right Side Front Chest

Have your child lie with right side up and raise his or her right arm overhead. Clap over the lower chest just below the nipple area on the front side of right chest. Do not clap your child's lower ribcage.



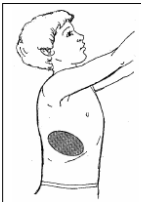
Left Side Front Chest

Have your child lie with left side up and raise his or her left arm overhead. Clap over the lower ribs just below the nipple area on the front side of left chest. Do not clap on your child's stomach.



Left Lower Side Back Chest -- Lower Lobe

Have your child lie with left side up and roll toward you a quarter turn so you can reach your child's back. Clap on the lower left side of his or her chest just above the bottom edge of the ribcage.



Right Lower Side Back -- Lower Lobe

Have your child lie with right side up and roll toward you a quarter turn so you can reach your child's back. Clap on the lower right side of his or her chest just above the bottom edge of the ribcage.

