

## Chest Physiotherapy for Infants

### *A Parent's Guide to Performing Chest Physiotherapy at Home*



### Airway Clearance

1. Do chest physiotherapy (CPT) before feeding your child or wait one hour after he or she has eaten.
2. Never put the baby in a head down position.
3. Place your baby in a onsie or thin t-shirt for therapy.
4. Use a manual percussor, small face mask, a cupped hand or mini-vibrator to perform the therapy.
5. Do the CPT for 10-20 minutes 2 times a day. This is 1-2 minutes over each area.
6. Increase CPT to 4 times a day if your child is coughing or has a respiratory illness.

### Percussion

1. The hand should be cupped as if to hold water.
2. Percussion should have a hollow sound, it should NOT hurt or sting.
3. The wrist should be relaxed to avoid tiring.
4. Percussion should only be done over the ribs.

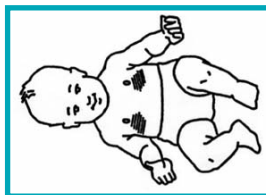
### Front upper lobes

Lay your child down flat on his/her back or cradle your child in your arm and lap or place the child in your lap. Clap between the nipple and top of the shoulder. Do NOT clap the breastbone. Clap on the left and the right sides (#1, #2).



**Front lower lobes**

Lay your child face up flat on your lap, clap between the nipple and the bottom of the ribs. Do NOT clap the breastbone. Do NOT clap the stomach. Clap on the left and right sides.



**Middle lobes**

Place your child flat on his/her side. Hold his/her arm above his/her head. Clap between the nipple and armpit. Clap on the left and right sides.



**Back upper lobes**

Sit your child in your lap, slightly forward. Support your child's head and neck. Clap over the upper back. Do NOT clap the spine. Clap on the left and right sides (#6, #7).



**Back lower lobes**

Place your child flat, lying on his/her tummy. Clap over the lower back, just above the bottom of the ribs. Do NOT clap below the ribs. Do NOT clap the spine. Clap on the left and the right sides (#8, #9).

