

MAAHIR BEHARDIEN PHYSIOTHERAPY



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Paediatrics Home Program

The purpose of this treatment is to help move secretions out of the lungs.

This treatment is to be carried out 2 to 3 times per day.

There are two parts to chest physiotherapy, i.e., bronchial drainage and percussion

- Bronchial drainage is positioning the body and allowing gravity to help in moving secretions. Different positions are used so that the area can be drained at its highest point.
- Percussion is tapping the chest wall rhythmically to loosen secretions and allow it to move into the bronchial tubes (large airways) of the lungs.

How to do treatment

1. Percussion is done with a cupped hand or manual percussor cup placed over the rib cage.
2. Percussion is applied for about one minute to each position on infants and two to three minutes on older children.
3. Use a blanket or towel to cover and protect your child's skin while percussing.
4. Follow the positions as highlighted in this program

Things to remember

1. Bronchial drainage should be done before your child eats or at least one hour after eating.
2. If your child coughs or has trouble breathing during the treatment, sit them upright until they feel better.
3. Do not percuss over:
 - (1) Bottom of rib cage
 - (2) Sternum (breastbone)
 - (3) Spinal column (back bone)

Positioning

Always position the child so that the area of the lung required to be drained is at the highest possible point. It is important to be in a comfortable position because this makes the treatment more effective and easier for yourself and the child receiving treatment. You may also use a pillow to make your child more comfortable.

Step 1: Place child on your lap

Step 2: Keep child's knees and hips bent to help them relax and make coughing easier

Step 3: Carry out treatment

Treatment:

Place child in upright sitting position

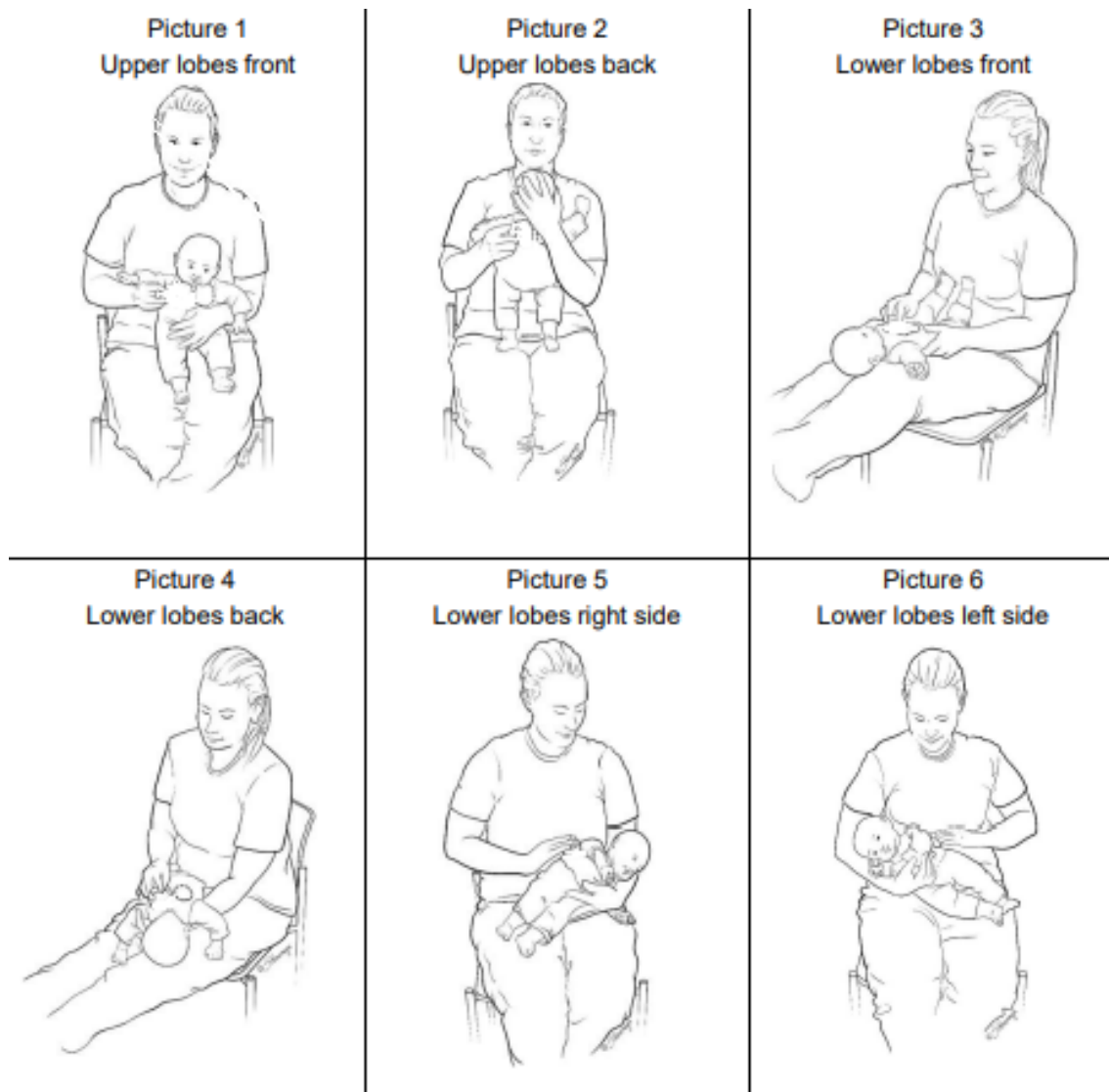
- Front - Percuss between clavicle (collarbone) and nipple on each side of the chest.
- Back - Percuss on top half of the shoulder blade on each side of the back.

Place child flat on back

- Front - Percuss between clavicle and nipple on each side of the chest.
- Sides - Percuss directly below armpit on both sides.
- Back - Percuss on top half of the shoulder blade on each side of the back.

Place child in a face down position, lying on tummy

- Front - Percuss right below nipple (right side of chest only).
- Sides - Percuss directly below armpit on both sides
- Back - Percuss below shoulder blade on each side of the back.



Tips:

- Try to make this as enjoyable as possible for you and your child.
- With infants and younger children, chest therapy can be done just before naps and bedtime as it can assist in putting them to sleep.
- Do not percuss immediately after a meal.
- Do percuss before eating or wait at least one hour after eating.
- Only percuss over the ribcage.
- If aerosol treatments have been prescribed, use them before percussion therapy, unless advised otherwise by the physician.
- Chest physiotherapy needs to be increased at the first sign of cough or illness.
- Remember: it is very important that your child does not think of chest therapy as punishment!