

## How to do percussion

1. Take off all jewellery from your hands and wrists.
2. Place your child in the position selected on your 'position sheet'.
3. Place a thin towel over the skin, if bare chested.
4. Position your hands in a cup. Relax your wrists, arms, and shoulders.  
If your child's size does not allow for a full hand, use 3 fingers.
5. Raise and lower your cupped hands on your child's chest like you are clapping on a drum. You should hear a hollow popping or clapping sound, not slapping sound. The movement should come from your wrists. If you hear a slapping sound, it means your hand is not cupped enough.
6. Clap at a rhythm of about 1 to 2 claps each second for 3 to 5 minutes over each spot.  
**Never** clap over the breastbone, breast tissue, stomach, or spine.
7. Suction, or have your child cough/huff, as directed by your therapist.



## Chest Physiotherapy for Children



Talk to your physiotherapist or doctor if you have questions about how and when to do chest physiotherapy on your child.

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This information does not replace the advice given to you by your health care provider.

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## Chest Physiotherapy

Sometimes babies and children need help to clear mucus from their lungs. Chest physiotherapy is something you can do to loosen your child's mucus.

Chest physiotherapy consists of 2 parts:

- a. Postural Drainage
- b. Percussion

**Postural drainage** moves mucus from the lungs by placing your child in different positions. Gravity helps the mucus flow from small airways in the bottom of the lungs to larger ones. We give you a 'position sheet' with the positions selected for your child.

**Percussion** is clapping on your child's chest. To percuss means to tap quickly with a cupped hand. The clapping shakes the inside of the chest and loosens mucus, so it is easier to cough out. Percussion is usually done in the postural drainage positions.

You might need to perform chest physiotherapy more than one time a day. Your physiotherapist tells you how many times to do chest physiotherapy each day.

The best time to do chest physiotherapy is 15 to 30 minutes before feeding your child or before your child eats. Doing chest physiotherapy right after feeding or after a child eats could cause your child to throw up.

## How to do postural drainage

1. Remove any tight clothing and make your child as comfortable as possible.
2. If your child uses suction equipment, have it ready.
3. If you are only doing postural drainage:
  - Place your child in the position shown on your 'position sheet' for 10 minutes.

If you are doing percussions at the same time as postural drainage:

- Do the percussions for 5 minutes in the position shown on your 'position sheet'.
  - Let your child rest for another 5 minutes in this position.
4. Sit your child up.
  5. Have your child take a deep breath.
  6. If your child can cough when asked, ask your child to cough.
  7. Place your child in the next position on your 'position sheet' and repeat the steps for postural drainage.