

## Child health information factsheet

# Positioning and percussion

This leaflet is a reminder of the techniques your physiotherapist has explained and demonstrated to help clear your child's lungs.

Do not try any of the following unless you have been shown how to do them by a physiotherapist.

### Positioning

Treating your child in different positions helps with removing secretions from their lungs.

### Percussion

Percussion or chest clapping loosens secretions, making it easier for your child to cough and helps to clear their lungs.

The position to treat your child is

### Do

- Use three fingers or a cupped hand (delete as appropriate)
- Move across the area of lung as shown by the therapist as your child breathes normally
- Perform for \_\_\_ minutes in each position in 30 seconds intervals
- Wait for at least 45 minutes after the child has eaten.

### Don't do, if

- Your child is breathing faster than normal or their breathing becomes noisier
- The treatment causes pain
- Your child has just eaten
- Your child has blood in their secretions.

### If you have any questions or concerns please contact

The paediatric physiotherapy department, B level, west wing  
Southampton General Hospital: **023 8079 4560**

**If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8079 4688 for help.**