

1. What is Chest Physiotherapy:

It is the use of a cupped hand to do brisk percussion of the chest wall to help break up and dislodge mucus, so it can be more easily drained.

2. Indications:

- a. Pneumonia
- b. Aspiration Pneumonia
- c. Bronchopneumonia
- d. Meconium Aspiration
- e. Common cold

Note: Chest physiotherapy is a supplement to drug therapy.

3. Steps in Chest Physiotherapy:

- a. The mother sits on a chair with back support.
- b. Lay the child across the mother's lap with face down 15° and face turning on one side.
- c. Cup your hands.
- d. Clap the back from the wrist when doing chest clapping.

- e. Do chest clapping two to three hours after feeding, 3 times a day for 5-10 minutes at a time.



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Nursing care of Chest Physiotherapy in children

**Modern Medicine
Traditional Care**