

Treatment for your child's chest (percussion)

Paediatric Physiotherapy

Information for Patients and Carers

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Introduction

This leaflet is a reminder of the treatment which you will have been shown by your child's physiotherapist.

Physiotherapy for a baby or toddler under 2 years old is passive. This means your child will not be doing the actions. You will be doing all the treatment for them.

Preparing for the treatment

It is important that you do not carry out the treatment straight after a feed or meal. Wait at least 1 hour.

You will normally do the treatment with your child on your knee, with or without a pillow. Your physiotherapist may advise you to support your child's head. Although some children fall asleep during their treatment, it is better if they are awake if possible.

Generally, you need to do 3 cycles of treatment in each position.

One cycle consists of:

- 60 seconds of chest patting (percussion).
- 15 to 30 seconds of rest.

For your child the physiotherapist recommends you complete:

..... cycles in each position, times each day.

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Chest percussion

Percussion is when you clap your child's chest to help move and clear mucus (secretions) from inside the lungs. It involves a rhythmical bending and straightening action of the wrist so that your hand pats your child's chest.

Put a layer of clothing over your child's chest when carrying out percussion.

If your child is less than 1 year old you use 3 fingers to carry out percussion. If your child is older than 1, you use a cupped hand.

Chest percussion should not be uncomfortable for you or your child.

Positions for the chest treatment

1. Front of the chest

- Place your child lying on their back on your knee. It may help to put a pillow on your knee.
- Hold your child comfortably but firmly, trying to keep their arms away from their chest.
- Pat across the top part of their chest.
- Do this for 60 seconds.



2. Upper chest

- Sit with your child on your knee. You may need to support their head under their chin.
- Hold your child comfortably but firmly and pat across the front of their chest for 60 seconds.

3. Back of the chest

- Position your child lying on their front on your knee, with their head facing towards you if possible. It may help to put a pillow on your knee. Hold your child comfortably but firmly.
- Pat across the top part of their chest over their ribs for 60 seconds. Do not go lower than the ribs.

4. Side lying

- Do the treatment on both sides unless your physiotherapist tells you otherwise.
- Position your child lying on their side on your knee. It may help to put a pillow on your knee.
- Hold your child comfortably but firmly and try to keep their top arm away from their chest.
- Pat across the side of their chest facing up towards you, keeping over the ribs. Do not go lower than this.

Contact details

If you have any questions or concerns about your child's chest treatment contact your physiotherapist as you usually would, or call the **Paediatric Physiotherapy Department** at Leicester Royal Infirmary.

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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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