

## Paediatrics Physiotherapy Department

### Percussion

Your child needs regular percussion to help them clear the secretions from their chest to help with their breathing and reduce the chance of chest infections.

It is important to practice percussion in numerous positions to help reach secretions in different parts of your child's lung. Regular repositioning is fundamental to help your child to cough the secretions from their chest.

Percussion should be performed with a cupped hand – see below. In a rhythmical manner firmly pat the chest enough to make the patient's cheek wobble slightly. This should be done through a towel or blanket.



Use the following positions: **spend 2-3 minutes in each position.**

#### Front / Back:



## Patient Information

### Side to Side:



Ideally percussion should be performed ..... a day.

If your child sounds more chesty, this can be increased to ..... a day.

- Percussion should be performed at least **one hour after** feeding to avoid vomiting.
- Treatment should be stopped if your child's breathing becomes more difficult.
- Percussion often causes children to cough. If the child starts coughing uncontrollably and becomes distressed by this, stop the treatment.

**If you need any further information please ask the physiotherapist or telephone the hospital switchboard 024 7696 4000 and ask for bleep 2673.**

## Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 4000 and request bleep 2673, and we will do our best to meet your needs.

The Trust operates a smoke free policy

### Document History

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