Chest Physical Therapy
(CPT or Chest PT)

Chest pt is a way of loosening mucous in the lungs.

**How should I do CPT?**
The respiratory Therapist will review the areas to be patted or percussed.

You will be told how often CPT should be performed. You will need to keep in mind feeding times. CPT should be performed before feeding or 1 hour after.

To make percussion more comfortable, your child should wear a thin layer of clothing such as a t-shirt, onesie, or light weight receiving blanket over the skin. Percussion is not done on bare skin.

Place you child on a firm yet padded surface, using blankets or pillows for positioning support.

Use the palm cup provided to percuss your child. This guarantees a pocket of air between your hand and their chest. Chest PT, done correctly, does not hurt. It may hurt feelings but physically you are not causing pain.

Percussing is less tiring if you keep your arms relaxed and do the movement with your wrist.

Places not to percuss: **Do not** percuss down the center of the chest, **do not** percuss down the center of the back, **do not** go below the last rib on both sides and **do not** percuss over the breastbone, stomach, or lower back.
Chest physical therapy or CPT ages birth to 2 years of age.

Chest Physical Therapy (CPT or Chest PT) is a way of loosening mucous in the lungs. The lobes of the lungs are shown for front, back and inside.

Follow the directions for positions checked below.

**Right and left upper lobes:** Place child in an upright position with back support. Percuss just below the collar bone.

**Right and left upper lobes:** Place child on their back. Percuss between collar bone and nipple on both sides.
**Right lower lobe:** Place the child on the left side. Percuss below the right arm pit and above the lower ribs.

![Diagram of right lower lobe percussion](image)

**Right and left lower lobes:** Place child on their belly. Percuss on the bottom of and just below the shoulder blades.

![Diagram of right and left lower lobes percussion](image)

**Left lower lobe:** Place the child on the right side. Percuss below the left armpit and above the lower rib.

![Diagram of left lower lobe percussion](image)