Chest Physical Therapy Standard Positions

**Back upper lobes, right and left sides**
1. Place child in a sitting position, leaning forward over a pillow.
2. Percuss or vibrate over the upper back on the right and left sides. Avoid the spine.

**Front upper lobes, right and left sides**
1. Have child lie flat on their back.
2. Percuss or vibrate between the collarbone and nipple on both right and left sides. Avoid the breastbone.

**Back lower lobes, right and left sides**
1. Have child lie on their stomach in head-down position.
2. Percuss or vibrate starting at the shoulder blades and moving down to just above the lower rib. Avoid the spine.

**Right middle lobe**
1. Have child lie on their left side in head-down position.
2. Rotate body a quarter-turn backward, propping body with a pillow placed behind from shoulder to hip.
3. Percuss or vibrate over the right nipple. In girls with breast development, clap to the right of the nipple and below the armpit.

**Front and side, lower right lobe**
1. Have child lie on their left side in a head-down position.
2. Clap over lower ribs.
Chest Physical Therapy Standard Positions

Front and side, lower left lobe
1. Have child lie on their right side in a head-down position.
2. Clap or vibrate over lower rib cage area.

Front left upper lobe (Lingular area)
1. Place the child in head-down position, on the right side and rotate a quarter-turn backward.
2. Clap over the left nipple. (Girls – left of the nipple and below the armpit.)

Self-percussion, upper lobes
1. Your child should sit upright and reach across their chest, to clap on front of chest over the muscular area between the collarbone and the top of the shoulder blade.
2. Repeat on the opposite site.
3. Your child can also clap their own upper back if able to reach it.

To Learn More
- Respiratory Care
  206-987-2258
- Ask your child’s healthcare provider
- www.seattlechildrens.org

Free Interpreter Services
- In the hospital, ask your child’s nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.