

Chest Physical Therapy (CPT)

What is CPT?

Chest Physical Therapy or CPT is a treatment used to help move mucus out of the lungs. It is one of the Airway Clearance Therapies (ACT).

The three parts of CPT are:

- Postural drainage - This involves placing the person in different positions to drain segments or areas of the lungs being treated.
- Percussion - This involves percussing (clapping) or vibrating the chest wall to loosen mucus and move it into the larger airways.
- Huffing - This is a form of controlled coughing that helps expel the mucus that has been loosened out of the airways.
- Low Huff -A normal size belly breath is inhaled and held for 2 to 4 seconds then exhaled slowly and completely through the mouth. (Fog Mirror)
- High Huff -A big belly breath is inhaled and held 2 to 4 seconds then exhaled fast at high speed through the mouth.

How to do CPT

1. Put your child in a position to drain part of the lung. Follow the pictures in the handout on chest physical therapy, Standard Positions (PE949).
2. Percuss (clap) using your hand, a soft rubber clapper, or mechanical vibrator for 3 to 5 minutes over each area being drained.
3. After each position, encourage your child to take a big belly breath followed by a low huff, a high huff and a cough.
4. Place child in the next position until you have finished all areas of the lung as prescribed.

To Learn More

- Respiratory Care
206-987-5194
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your 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.

