Chest Physical Therapy (CPT) Infant/Modified Positions

Follow these instructions daily to clear the mucus from your baby’s or child’s lungs.

To clear the upper lobes of the lungs
Front upper segments, right and left side
Percuss or vibrate over the shoulder and/or just below the collarbone on both sides of the chest. Keep your child’s spine straight and avoid slumped posture. (See picture at right.) This prevents putting pressure on the stomach, which can cause your baby to spit up.

To clear the lower lobes of the lungs
Back upper and lower segments, right and left side
Place your child on the stomach with head turned to one side. Child should be lying in a horizontal (flat) position. (See picture at right.) Apply percussion or vibration over the back, taking care to avoid the spine.
Start at the shoulder blades and percuss downward to just above the lower ribs.

To clear the lower lobes of the lungs
Front and sides
Place child on right or left side, flat. Start at the armpit and percuss downward to just above the lower rib.

Percuss right side

Percuss left side

(This position is not used with children with tracheostomy tubes.)