

# Chest Physiotherapy (CPT) for Babies

Patient and Family Education

**This teaching sheet contains general information only. Your child's doctor or a member of your child's health care team will talk with you about specific care for your child.**

## What is chest physiotherapy (CPT)?

Chest physiotherapy (CPT) is a treatment to loosen mucus and thick fluids in the lungs. It uses gravity and vibration to help move mucus out of the lungs and cause coughing. In the hospital, a nurse or respiratory therapist will clap on your child's chest with a cupped hand. This will not hurt your child.

## How do I do CPT?

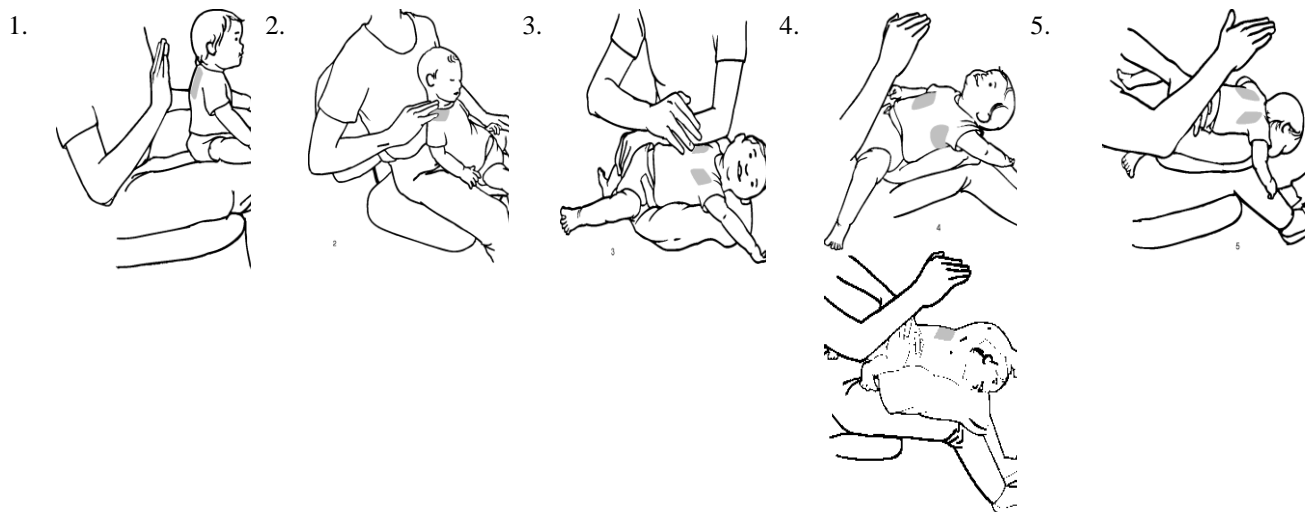
Your child's nurse or respiratory therapist can teach you how to do CPT:

If your child has gastric reflux or tube feedings, ask his doctor about how to position him for CPT before starting.

- Do CPT several times a day as ordered by your child's doctor.
- Have your child sit on your lap or lie in several positions on a bed.
- Use pillows to keep him comfortable.

Steps to do CPT:

1. Hold your child on your lap, letting him sit up. Support or guide his head so he is comfortable. Clap on both sides of the upper part of his back. Do not clap on his spine.
2. Let your child lean against you. Clap above the collarbone between each of his shoulders and his neck. Do not clap on his breastbone.
3. Place your child on his back on a pillow on your lap. Clap between the nipple and the collarbone on both sides of his chest.
4. Keep the pillow on your lap and let your child lie with his head slanting down. You may lift one of his legs to keep his chest lower than his hips. Turn your baby on each side and clap over both nipples, under both armpits and under each shoulder blade.
5. Turn your child over and keep his head slanting down. Clap on both sides of his lower back, middle back and upper middle back.



**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Chest Physiotherapy (CPT) for Babies, continued

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## What else do I need to know about CPT?

- Wait at least one hour after feedings to do CPT - this helps prevent vomiting.
- CPT does not hurt; some babies even fall asleep during it.
- During CPT, clap on the rib cage. Do not clap below the rib cage or on your child's breastbone or spine.
- Cover your child's skin during CPT. Have him wear pajamas, a hospital gown or light clothing.
- Your child may cough during and after CPT. This is a good sign - coughing helps clear his lungs of mucus.
- If your child's nose becomes blocked by mucus, use a bulb syringe to clear it.
- Stop CPT and call your child's doctor **right away** if he coughs up any mucus with blood in it.
- Head down position may not be done for babies with reflux. Check with your child's doctor.
- Give aerosol treatments before CPT to help your child clear the mucus.

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