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ALL WALES ADULT CYSTIC FIBROSIS CENTRE

Postural Drainage

This leaflet is intended to remind you what you were taught by your Physiotherapist.

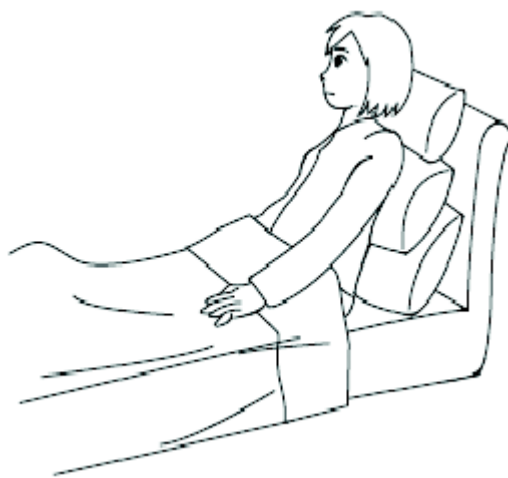
What is Postural Drainage?

Postural Drainage involves a person adopting various positions so that gravity assists the drainage of phlegm, making it easier to clear.

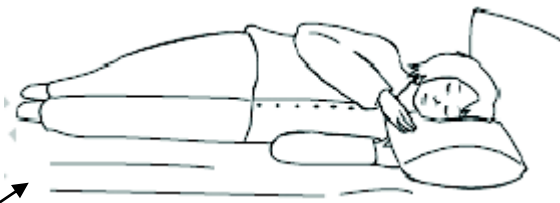
Postural Drainage may be used in combination with other techniques, such as the Active Cycle of Breathing Techniques, Percussion and the Acapella.

What should I do?

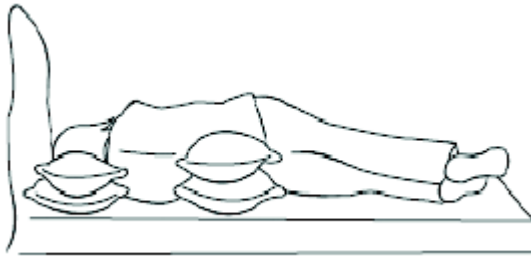
In hospital you may find that your Physiotherapist asks you to adopt a specific position to clear phlegm from a certain area of your lungs. To clear phlegm from your chest we recommend the use of the following positions which can be easily adopted on your own.



1. Sitting upright to drain the upper part of your chest.



2. Lying on your side with the area to be drained upper most.



3. You could use pillows to support under your hips to give a slight head down tilt as shown in the picture. This is in order to drain more specific parts of the lungs and is not necessary in all cases.

When do I stop?

Each position should be maintained for 5-10 minutes.

Discontinue Postural Drainage if you feel dizzy, breathless or experience palpitations.

How often do I do it?

It is advisable not to do postural drainage before or immediately after a meal to avoid loss of appetite, nausea or vomiting.

If you have an infection you may need to do postural drainage several times a day to clear the extra phlegm.

A good way to check if phlegm is building up in your airways is to take three deep breaths every half hour and then if you hear it, clearance techniques can be carried out.

If you need further information please speak to the CF Physio Team, Adult CF Centre, University Hospital Llandough, Penlan Road, Llandough Telephone 029 20716256/029 20716841 or 029 20711711 bleep 4989