

# POSTURAL DRAINAGE IN CHEST DISEASE

**For further information please contact:**

Physiotherapy Department on 01935 384358

***Rehabilitation Department***

This leaflet is designed to enable you to carry out your exercises without having a qualified physiotherapist present. The instructions give precise positioning for drainage of specific parts of the bronchial tree, where to place the sputum mug and the number and position of pillows used.

In many cases, correct drainage will do more to counteract the discomfort of the cough than any drugs.

**THE LAST POSITION IS NOT ADVISED FOR VERY SICK PATIENTS**

## **BEFORE YOU START**

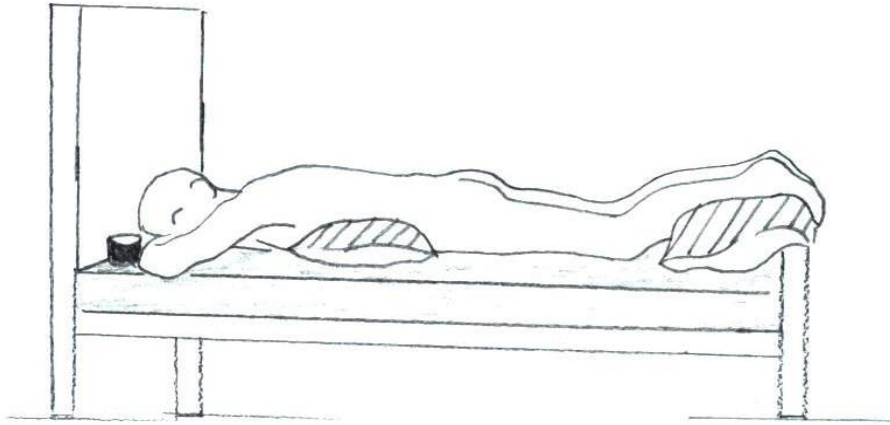
You should:

- Remove any tight clothing
- Have your sputum mug ready
- Relax completely and make sure you are absolutely comfortable
- Do your breathing exercises according to instructions

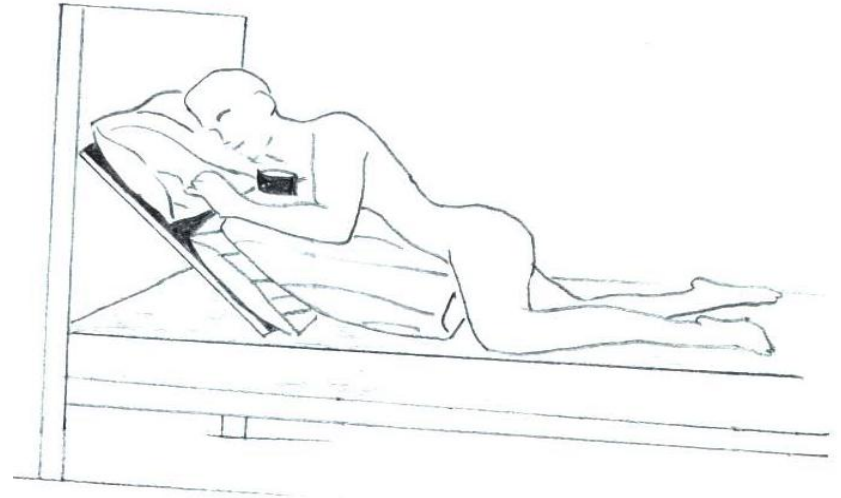
## **TIMING**

You should carry out postural drainage four times per day for at least half an hour—or one hour if there are two or more areas to drain.

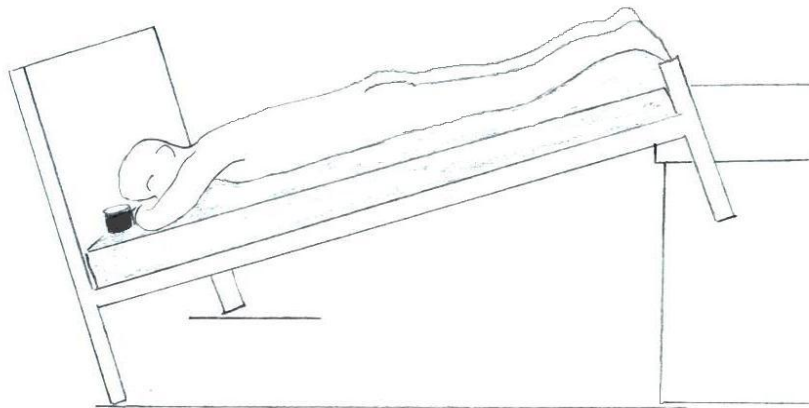
Two of these sessions should **always** be on waking and before going to bed. The other two sessions should be once in the morning and once in the afternoon.



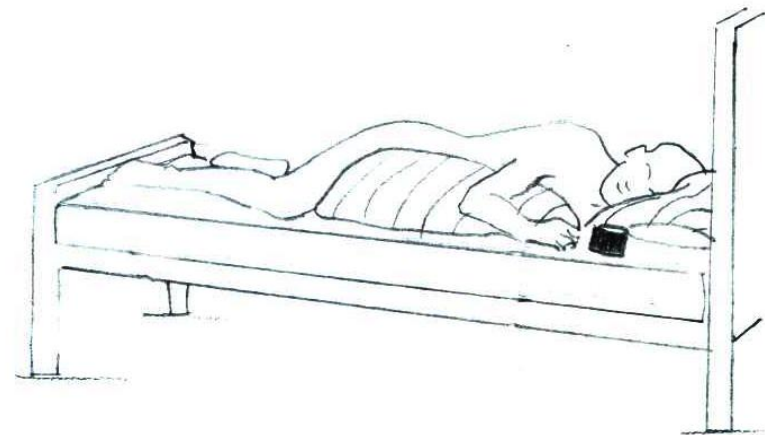
7. Lower lobes: apical segment. Two pillows.



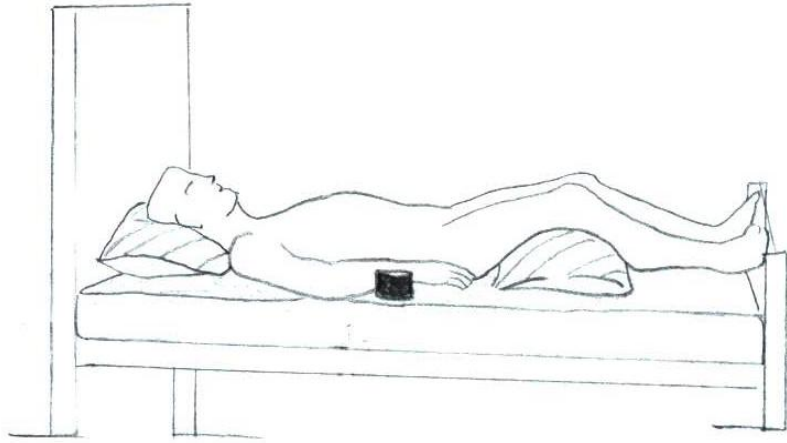
1. Left upper lobe: posterior segment. Three pillows.



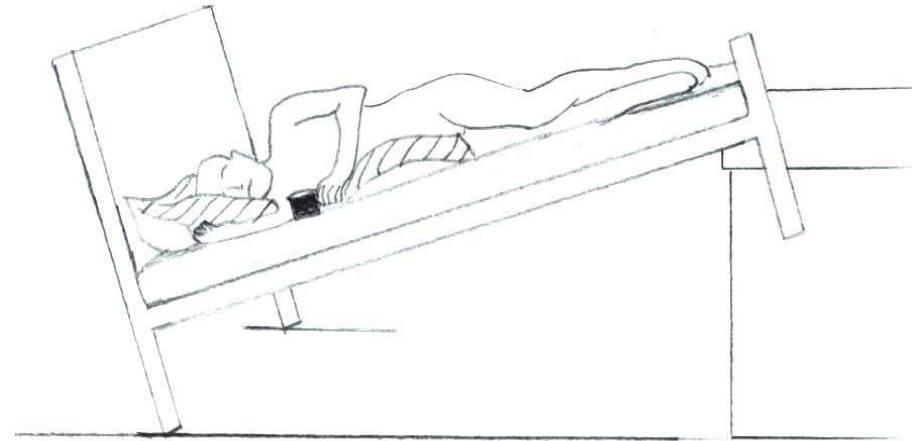
8. Lower lobes: posterior basal segments. Bed raised 46—51 cm.



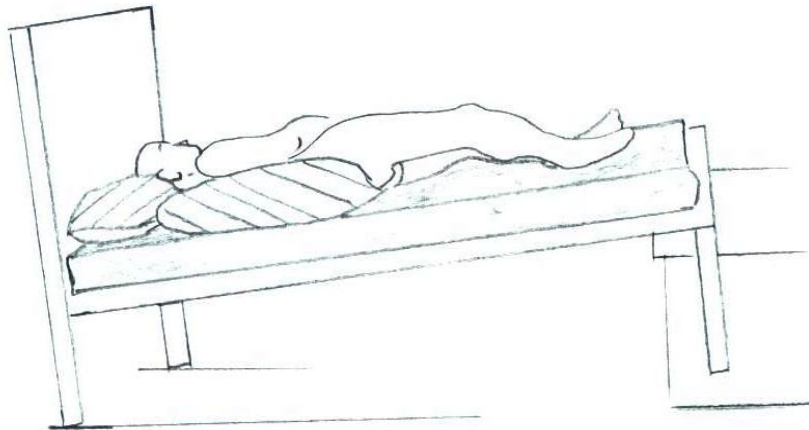
2. Right upper lobe: posterior segment. Two pillows.



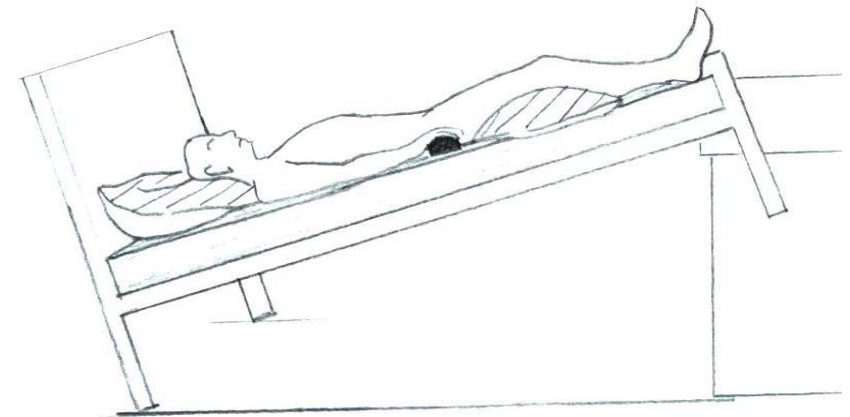
3. Upper lobes: anterior segments. Two pillows.



5. Left lower lobe: lateral basal segment. Two pillows. Bed raised 46-51 cm.



4. Middle lobe: bed raised 30 cm. Two pillows.  
(NB For left upper lobe (lingual) similar position only with left side raised.)



6. Lower Lobes: anterior basal segments. Two pillows. Bed raised 46—51 cm.