







Airway Clearance Techniques

Toddler and school aged children

Your child's CF physiotherapist will help create an individualized physiotherapy program for your child. As your child grows their physiotherapy program will change to suit their needs. If you have any questions talk to your child's CF physiotherapist.

Modified Postural drainage:

Modified postural drainage refers to the positions we get you to place your child in whilst performing percussion. These positions allow gravity to help drain mucous into the larger airways of the lungs. The 5 positions are;

Stomach	Left and tight sides	Back	Upright
			

Percussion

Percussion is a firm patting of the chest using a cupped hand over a folded towel or adequate clothing. When you percuss, the external mechanical pressure you provide to the chest wall helps mucous to move from the smaller to larger airways.

Cough

When your child is old enough to understand how to cough you can encourage them to cough on demand after each percussion position. When they cough this should be rewarded with smiles, cheers and high fives.

Music and singing

The playing of wind instruments and singing can also help with your child's lung health and function.

Activities

Other activities such as rolling, reaching, crawling, ball games, trampoline, jumping, blowing bubbles and tickling are other 'fun' children's based activities that help with developmental play, thoracic range of motion, and increased lung volumes.

Rolling, crawling and reaching



Ball games bouncing and jumping



Exercise

Exercise is a vital part of the management of CF. From the time of diagnosis, exercise and physical activity should be incorporated into your child's daily routine. If possible the whole family should participate including parents and siblings, to normalize the activity and make it fun. Exercise is not only important for lung health and aerobic fitness but also creates strong bones and good posture.

Challenges

As your child becomes more active, regular chest physiotherapy can become quite challenging.

Spend some time cuddling, rocking and settling them prior to your physiotherapy session. Routine will help with compliance as your child grows and physiotherapy should be adapted into your child's daily routine.

Some days may be harder than others but a variety of strategies can be employed to keep this positive. Your patience, creativity, flexibility and sense of humor can make chest physiotherapy sessions an effective and enjoyable part of your child's day. It can be a special time when your child can have your undivided attention. You need to be confident in what you're doing and remember that cuddles, smiles and laughter are as much of the therapy session as positioning and percussion.

Notes

References

An introduction to Cystic Fibrosis for Parents and Families. (2017)

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