

# Chest physiotherapy (CPT) for babies

## 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 baby's chest with a cupped hand. This will not hurt your baby.

## How do I do CPT?

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

- If your baby has reflux or gets tube feedings, ask the doctor about how to position your baby for CPT before you start.
- Do CPT several times each day as advised by your baby's doctor.
- Have your baby sit on your lap or lay them in several positions on a bed.
- Use pillows to help keep them comfortable.

## Steps to do CPT:

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

1.



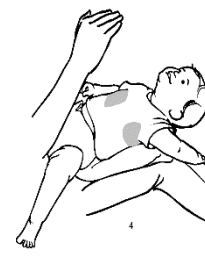
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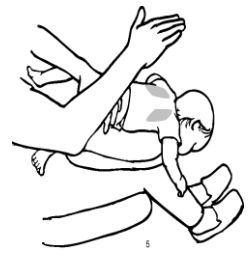
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**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Chest physiotherapy (CPT) for babies, continued

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## What else do I need to know?

- Wait at least 1 hour after feedings to do CPT. This helps prevent vomiting (throwing up).
- CPT should not hurt. Some babies even fall asleep during it.
- During CPT, clap with cupped hands on the rib cage. Do not clap below the rib cage or on the breastbone or spine.
- Cover your baby's skin during CPT. Have them wear pajamas, a hospital gown or light clothing.
- Your baby may cough during and after CPT. This is a good sign. Coughing helps clear the lungs of mucus.
- If your baby's nose gets blocked by mucus, use a bulb syringe to clear it.
- Stop CPT, and call the doctor **right away** if your baby coughs up any mucus with blood in it.
- The head-down position may not be done in babies with reflux. Check with your baby's doctor.
- Give aerosol (breathing) treatments before CPT to help your baby clear the mucus.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

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