
People with chronic lung disease may have mucus in their airways which makes it more difficult to breathe. This mucus is also a perfect place for bacteria to grow and multiply. By draining these secretions you will be able to breathe more easily, prevent infections, and generally feel better.

Secretions tend to pool in the bottom of your lungs. In order to get secretions to a point where you can cough them up more easily, you can position your chest so that gravity will assist the drainage of the lower lobes of the lungs.

POINTS TO REMEMBER:

- Use bronchodilators first
 - Moisten your airways by drinking a glass of water
1. Postural drainage is best done first thing in the morning, 1 hour before breakfast, and in the evening, 1 hour before bedtime. You may need to increase the number of times you do the drainage when your secretions increase, change colour, or you have a cold.
 2. Drink at least 6 - 8 glasses of liquid daily. Adequate liquid intake is necessary to keep mucus thin.
 3. There are additional methods of loosening secretions. Your therapist will advise you if these could be beneficial to you.

FOLLOW THESE STEPS:

1. Lie in each of the prescribed positions for 10 minutes.
2. Practice pursed-lip breathing to open your airways.
3. When you feel like coughing, use the controlled cough technique to bring up mucus. Don't swallow it.

REMEMBER TO GET UP SLOWLY, AND TO SIT AT THE SIDE OF THE BED FOR A FEW SECONDS TO PREVENT DIZZINESS.

1. LEFT LOWER LOBE



- 2 pillows under hips
- 1 pillow between knees

2. RIGHT LOWER LOBE



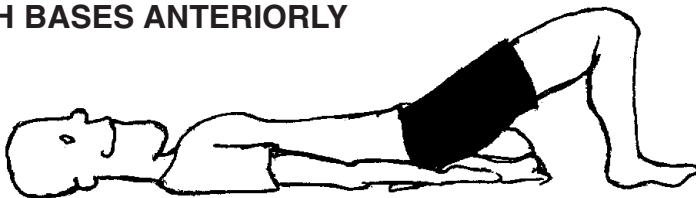
- 2 pillows under hips
- 1 pillow between legs

3. BOTH BASES POSTERIORLY



- pillow under lower legs
- 3 pillows under hips

4. BOTH BASES ANTERIORLY



- 2-3 pillows under hips
- keep knees bent for comfort

..gavin adison..
©2016

If you have any dizziness, numbness, increased SOB or gastric reflux check with your therapist. If you use supplemental oxygen check with your therapist.