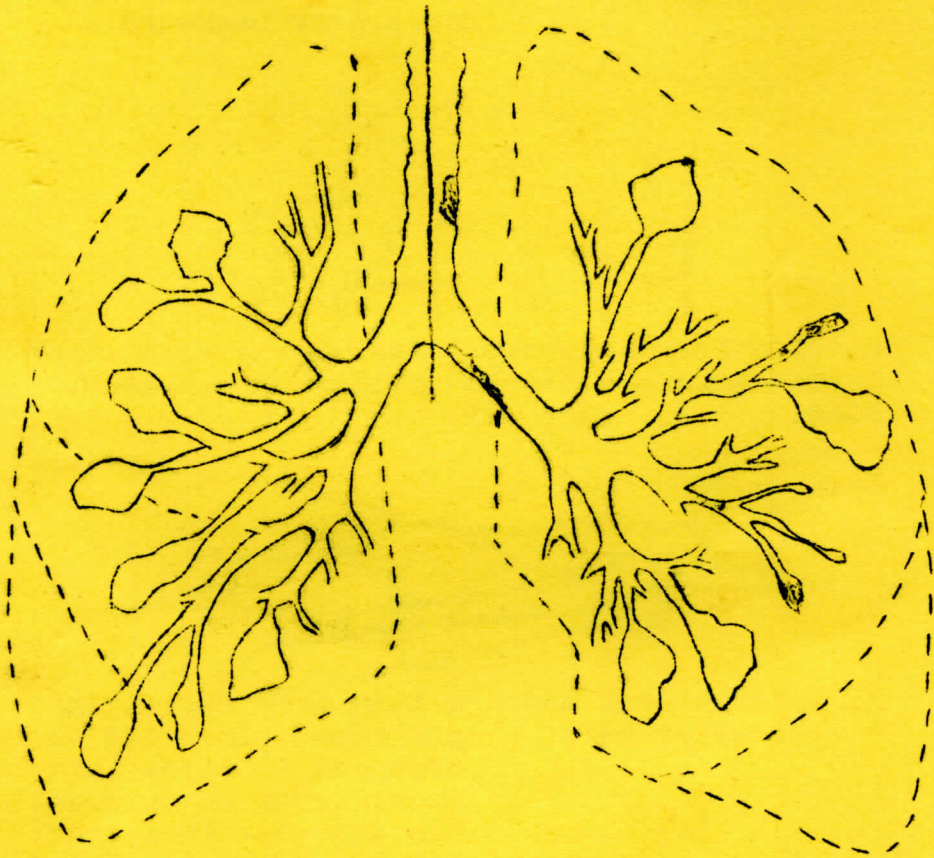


W^m Thornton
Box 975, Chapel Hill

POSTURAL DRAINAGE TECHNIQUES



Department of Physical Therapy
North Carolina Memorial Hospital
Chapel Hill, North Carolina

DRAINAGE POSITIONS

LOBE AND AREA DRAINED

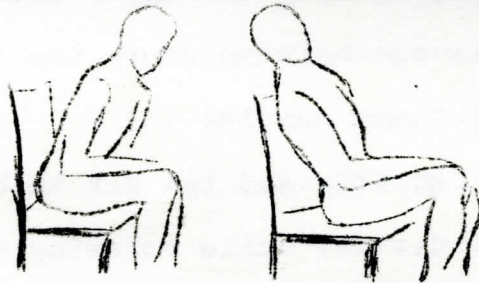
POSITION

UPPER LOBE

1. inch above collar bone to the 4th rib.

a. Upper part

Sitting - slightly leaning forward or backward.



b. Front part-between breast bone and nipple line.

Back-lying with pillow under knees.



c. Left lateral and posterior part.

$\frac{1}{4}$ turn from face-lying position. Inverted chair arranged to raise left shoulder to 45 degrees. Left hip and knee well bent, right arm out-stretched behind.



DRAINAGE POSITIONS

LOBE AND AREA DRAINAGE

POSITION

d. Right lateral and posterior part.

$\frac{1}{4}$ turn from face-lying position. Right arm resting on pillow, left arm out-stretched behind body.



MIDDLE LOBE (right)
4th. to 6th. ribs

Front, middle, lower parts of right lung.

Foot of bed raised 12-14 inches. Patient back-lying with pillow under right side from shoulder to hip to maintain $\frac{1}{4}$ turn to left. Knees bent.



LINGULA (left)
Front, middle, lower parts of left lung.

Same position as for right middle lobe, only with patient $\frac{1}{4}$ turn to right.

DRAINAGE POSITIONS

LOBE AND AREA DRAINED

POSITION

LOWER LOBE:

7th. to last rib

Front part

Foot of bed elevated 12-14 inches
for all parts
Back-lying, 2 pillows under hips,
knees relaxed.



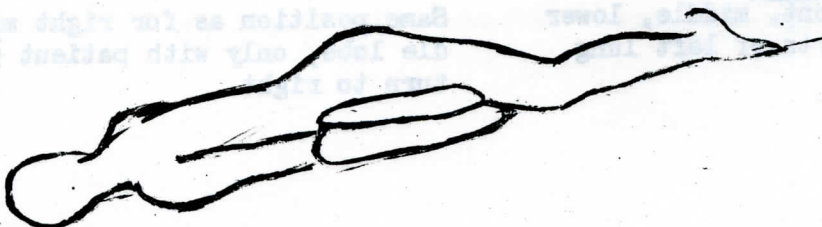
Lateral parts

Right or left side lying, one or
two pillows under hips, spine
straight, hips and knees bent.



Lower posterior

Patient face-lying with two pillows
under hips.



GENERAL INFORMATION

DRAINAGE TECHNICS

1. Choose the proper position for the lobe you wish to drain.
2. CLAP over the affected area. This is done with cupped hand, thumb tight against index finger. Clapping should create a suction noise, Not a slapping noise.

If clapping is done TOO hard, blood may appear in sputum. BE CAREFUL.

3. Vibrate over affected lobe. Tense your arm to make vibration. DO NOT move skin back and forth over lobe. DO NOT press into rib cage. Vibrate only as your child breathes out.
4. Encourage COUGHING, as this brings mucus up.
5. Encourage SPITTING, as this brings mucus out.

IMPORTANT FACTS

1. DO NOT do drainage for a minimum of one hour after last meal or after medication. Before breakfast, dinner or bedtime are good times.
2. If you see a large quantity of fresh blood (bright red) in the sputum, contact your doctor.
3. If child starts to vomit, STOP treatment.

BREATHING EXERCISES

1. Lengthen breathing out time.

1. count in.

3 counts out.

Be sure shoulders are relaxed

2. Diaphragmatic breathing:

Breathe out, sinking the upper chest and
letting air out between where the ribs divide.

Pull upper tummy muscles in.

Breathe in quietly and let air in between where
ribs divide, while relaxing tummy.

DO NOT strain or force the breath.

Lie with knees bent or sit with back
well supported.

3. Short diaphragmatic breathing (to overcome temporary breathlessness).

Sit or kneel with head on arms or pillow.

Relax chest and tighten upper abdominals.

Take several short, quick breaths out.

Stop and take a long breath in. Then

repeat the sequence, slowing down
more each time.

