

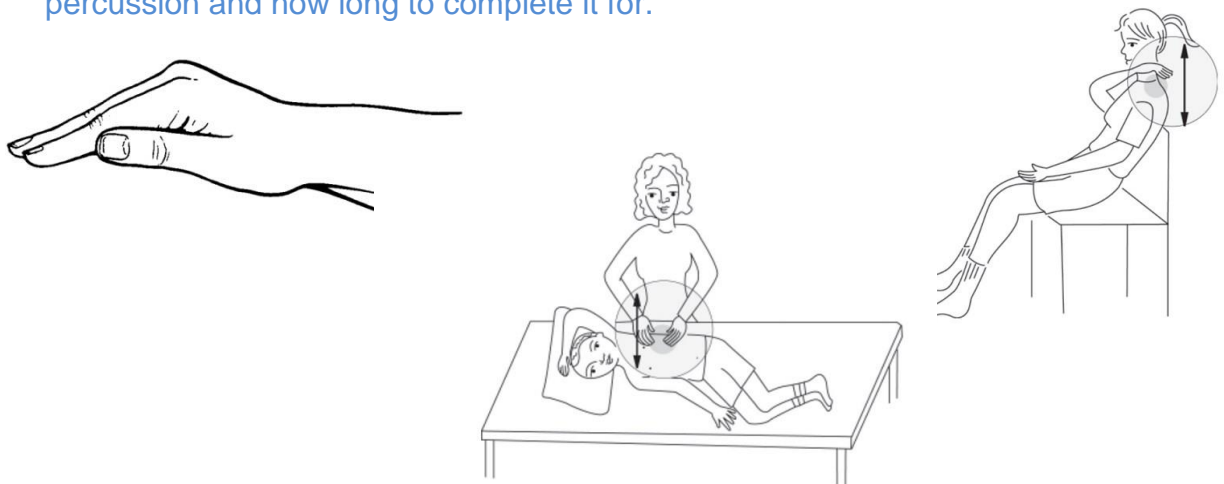
## Percussion

Chest percussion is a manual technique which involves clapping on the chest and/or back to loosen the thick, sticky mucus from the sides of the lungs. This will enable the secretions to move into the larger airway when you take deep breaths so that you are able to cough and clear the secretions effectively.

Percussion is easy to do and can be carried out by physiotherapists, patients or the patients friends and relatives. The place in which you choose to clap is directed by the location of the sputum within your lungs, you will be guided by your physiotherapist. Percussion may be used in conjunction with postural drainage to further aid sputum clearance.

How to complete percussion:

- Cover the area to be treated with a towel or thin piece of clothing. Special attention must be taken to not clap over the spine, breastbone, stomach and lower ribs or back to prevent injury.
- The hand is cupped as if to hold water but with the palm facing down.
- The cupped hand curves to the chest wall and traps a cushion of air to soften the clapping. Each percussion should have a hollow sound.
- Percussion is done forcefully and with a steady beat. Most of the movement is in the wrist with the arm relaxed, making percussion less tiring to do.
- If the hand is cupped properly, percussion should not be painful or sting.
- You will be guided by your physiotherapist as to where to complete percussion and how long to complete it for.



For further information please see below:

<https://www.cff.org/Life-With-CF/Treatments-and-Therapies/Airway-Clearance/Chest-Physical-Therapy/>

<http://bronchiectasis.com.au/resources/videos/manual-techniques>