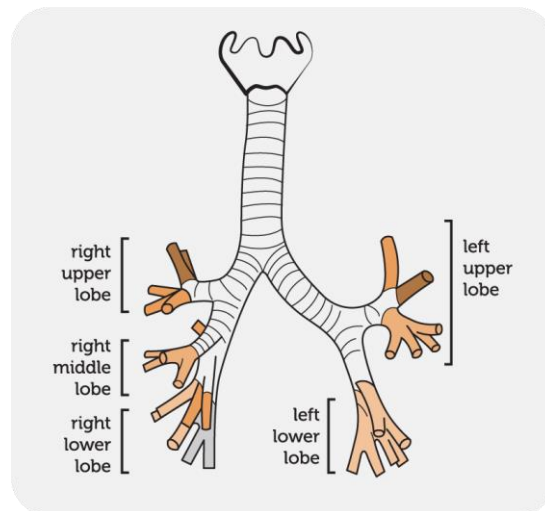


Postural Drainage

Postural drainage can be used to assist the clearance of excess secretions from the deeper parts of your lungs. The technique involves positioning patients to allow gravity to assist in draining mucus from the lungs, so you are then able to cough and clear these secretions.



Do not use postural drainage if you have any of the following conditions:

- Gastro-oesophageal reflux (acid reflux)
- Nausea
- Significant increase in breathlessness
- Current haemoptysis (fresh blood in your sputum)
- Recent rib, spine or muscle injury
- Bronchospasm (wheeze)
- Heart problems including: arrhythmia, severe hypertension or hypotension, recent heart attack (MI)

The position you take will depend on the location of the sputum within the lungs. You will be guided by your physiotherapist as to which positions best suit your lung condition. Postural drainage is often used in conjunction with active cycle of breathing (ACBT) or with manual techniques such as chest percussion or vibrations. You will be guided by your physiotherapist as to which will best suit you.

Postural drainage positions can be found below. Your physiotherapist will circle the ones most appropriate for you and teach you how to carry them out.

