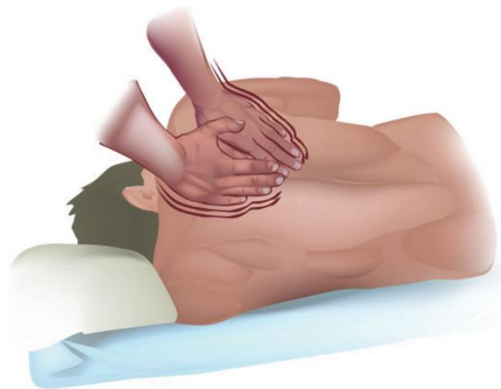


## Vibrations:

Vibrations are used on the chest wall to provide oscillations to the chest wall which gently move the mucous from the small airways deep within the lungs, up to the larger airways where you can then cough and clear the secretions. The location that the vibrations are completed on the chest wall is determined by the location of the mucous within the lungs. The vibrations should be fine, high frequency movements on the chest wall timed with expiration. This manual technique can be completed by a physiotherapist or patient's friends/family/care givers. Vibrations may be combined with ACBT or postural drainage to further aid the clearance of sputum. You will be directed by your physiotherapist on which would be the best method for you.

How to complete vibrations:

- The physiotherapist places their hands side by side on the patient's chest where the secretions are located within the lung, with
- The patient takes a deep breath in, and on exhalation the physiotherapist provides fast oscillatory movements in the direction of the normal movement of the rib cage, stopping at the end of expiration.
- You will be guided by your physiotherapist as to how many repetitions to complete.
- Vibrations should not be painful or uncomfortable.



Vibration Technique

For further  
see the links below:

information on vibrations please

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

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

You should consult your physiotherapist before conducting manual techniques if you have any of the following:

- Osteoporosis
- Rib fractures/pathology
- Thoracic/Cardiac surgery
- Pain
- Bleeding
- Bronchospasm
- Liver disease
- Clotting disorders
- Cancer
- Frail skin/open wounds
- Emphysema