

Chest Physiotherapy (CPT)

Positioning For Smaller Children - Age 0 to 2 years

What is CPT?

CPT is a treatment to help loosen mucous in your child's lungs. CPT is sometimes called chest clapping.

When should I do CPT?

Your doctor or nurse will tell you how many times to do CPT each day.

CPT should be done either:

- Before your child eats
OR
- 1 hour after eating.

How do I prepare to do CPT?

- Wash your hands.
- Remove rings, bracelets, or watches from your hands
- Remove tight clothes from your child

How is CPT done?

Your doctor or nurse will show you how to clap over each area.

Usually each spot is clapped for 2 to 5 minutes. Your doctor or nurse will tell you how long to clap each spot.

Using your cupped hand or a “clapper” begin clapping your child’s chest. Your doctor or nurse will show you how strong to clap.

Do not clap:

- On bare skin
- Over the spine
- Over the breastbone
- Over the stomach

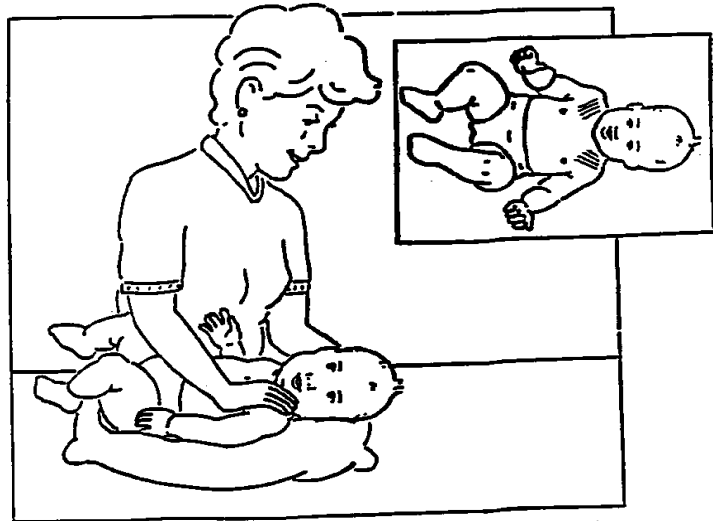
What positions should I use for CPT?

Your doctor or nurse will tell you which positions should be used. Look at the pictures on the next few pages.

Upper Areas:

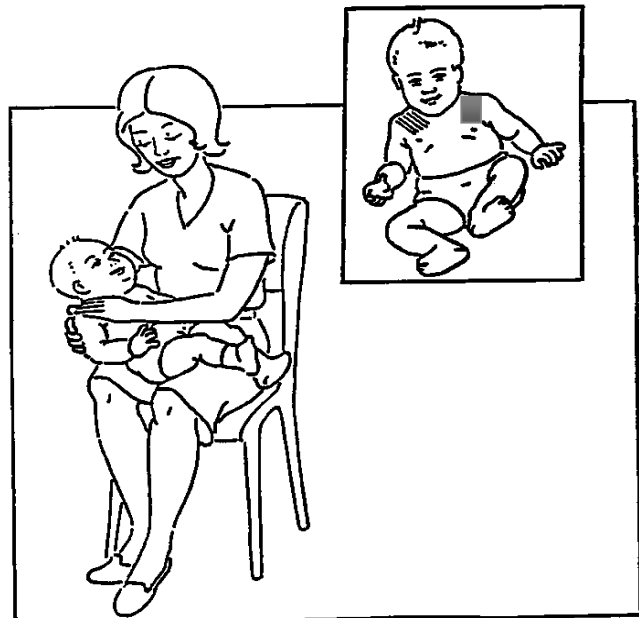
1. Front upper area, both sides

- Your child should lie flat on their back on a firm mattress or on your lap.
- Clap between your child's nipple and collarbone on both sides.



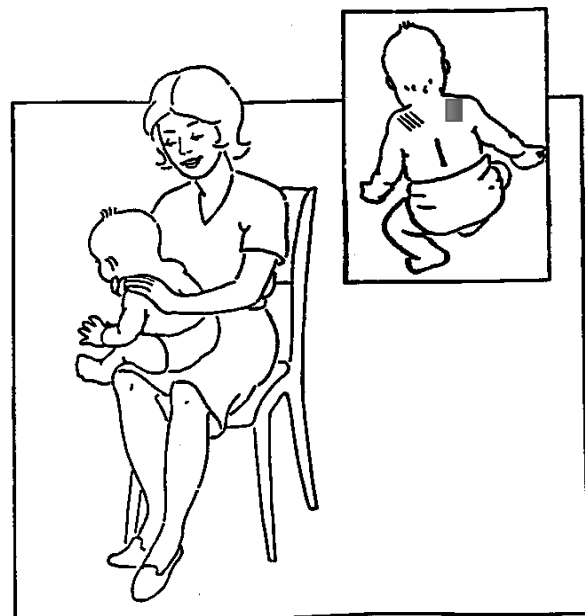
2. Top upper area, both sides

- Cradle your child in your arm and lap, almost sitting.
- Clap over the right and left collarbones on both sides.



3. Back upper area, both sides

- Have your child sit up on your lap, bending forward slightly.
- Support the head and neck with your arm.
- Clap your child's back over the shoulder blade on both sides.
- Do **not** clap on the backbone (spine).



Lower Areas

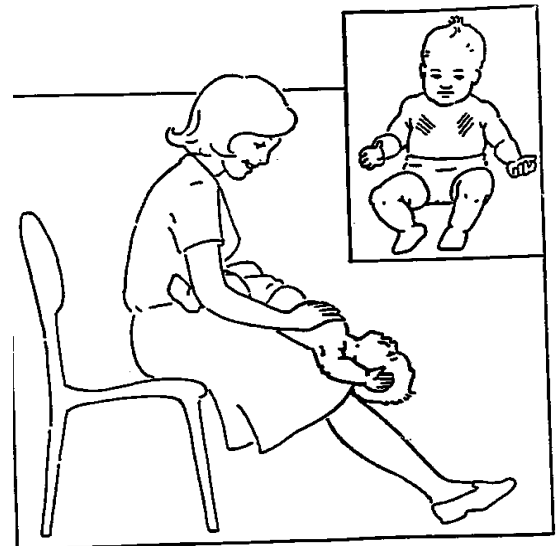
Important note:

Some children should not have their head or the bed “tipped down” like the picture below. Check with your doctor or nurse before tipping the bed.

If your doctor or nurse tells you not to tip the bed, position the bed flat and clap the spot shown.

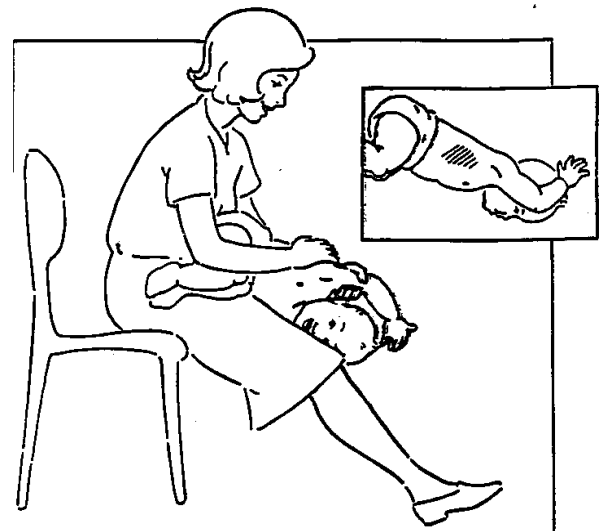
1. Lower Front Areas

- Put your child on your lap, on their back.
- Put the head and chest lower than the hips.
- Clap between the nipples and the stomach on each side.
- Do not clap on your child’s breastbone or stomach.



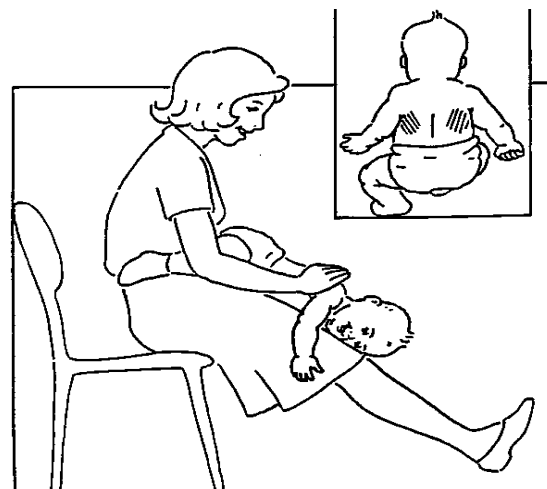
2. Right and Left Sides, Lower Area

- Put your child on your lap, on their side.
- Put the head and chest lower than the hips.
- Put your child's arm above the head.
- Clap over the side of your child’s chest, just above the bottom edge of the ribs.
- Do not clap below your child’s ribs.
- Clapping the right side is shown in the picture. Have your child turn over to do the left side.



3. Lower lobes, back segment

- Put your child face down over your knees.
- Put the head and chest lower than the hips.
- Clap over the side of the back, just above the bottom edge of the ribs.
- Do not clap below your child’s ribs or on the backbone (spine).



ALERT: Call your child's doctor or clinic if you have any questions or concerns or if your child:

- Becomes short of breath more than normal.
- Has blue or gray color around lips or fingernails.
- Has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.