

Chest Physical Therapy

- Neutrina Hey, it's a little dark in here. Let me get some light on the situation?
- Neutrina Woo, that's better. Okay, I'm going to head into the upper lobe to take a closer look.
- Neutrina Okay, I can see it. Alright, go ahead Maru.
- Neutrina That's good. Alright, keep it up.
- Maru Today, we're going to talk to you about chest physical therapy. Now, sometimes we call it chest PT or just CPT.
- Maru Your body has amazing ways to protect itself.
- Maru Now, during an illness, your lungs are going to make plenty of phlegm...now that's a kind of mucus, which is, you know, like a kind of slimy goo your body makes to help flush out the stuff your body doesn't like.
- Neutrina Phlegm is a thick, sticky liquid your lungs make to protect you against things like germs and pollution.
- Maru So, if your body has trouble getting rid of all the phlegm all by itself hey...we can help out with something we call "chest physical therapy."
- Maru Now, we can use a cupped hand...or something called a percussor...to tap the chest or back...
- Neutrina ...which loosens the phlegm so that it's easier to cough out. Woo, here it comes! Woo!
- Maru Now, after the phlegm is loosened, sometimes you can cough it out on your own. You know, like [coughing sounds]. Know what I mean?
- Neutrina Just like water always finds lower ground...
- Maru Hey, we can get a "gravity assist" by doing something called "postural drainage."
- Neutrina Which means you can move your body to help get the phlegm out of your lungs.

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Maru And if you still have trouble coughing everything up, then we can use a little “mini-vacuum” eh and we suction the phlegm out of your mouth and nose. Hey, no...no...it doesn't hurt. It's okay. It's okay.

Maru And that's how we use chest PT and suctioning to help you breathe better, you know? Kinda cool, huh?

Maru Hey, we're going to show your parents or caregivers how they can do this too, so they can help you with this when you go home.

Maru And hey, as always, if you get any questions, you just ask!