

Chest Physical Therapy (CPT) Defined

Announcer It's time for...What's That Mean?

Announcer Today: Chest Physical Therapy (CPT)

Maru Today, we're going to talk to you about chest physical therapy. Now, sometimes we call it chest PT or just CPT.

Maru Now, during an illness, your lungs are going to make plenty of phlegm

Maru 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...

Neutrino...which loosens the phlegm so that it's easier to cough out. Woo, here it comes! Woo!