

Postural Drainage

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

Announcer Today: Postural Drainage

Maru 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."

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.