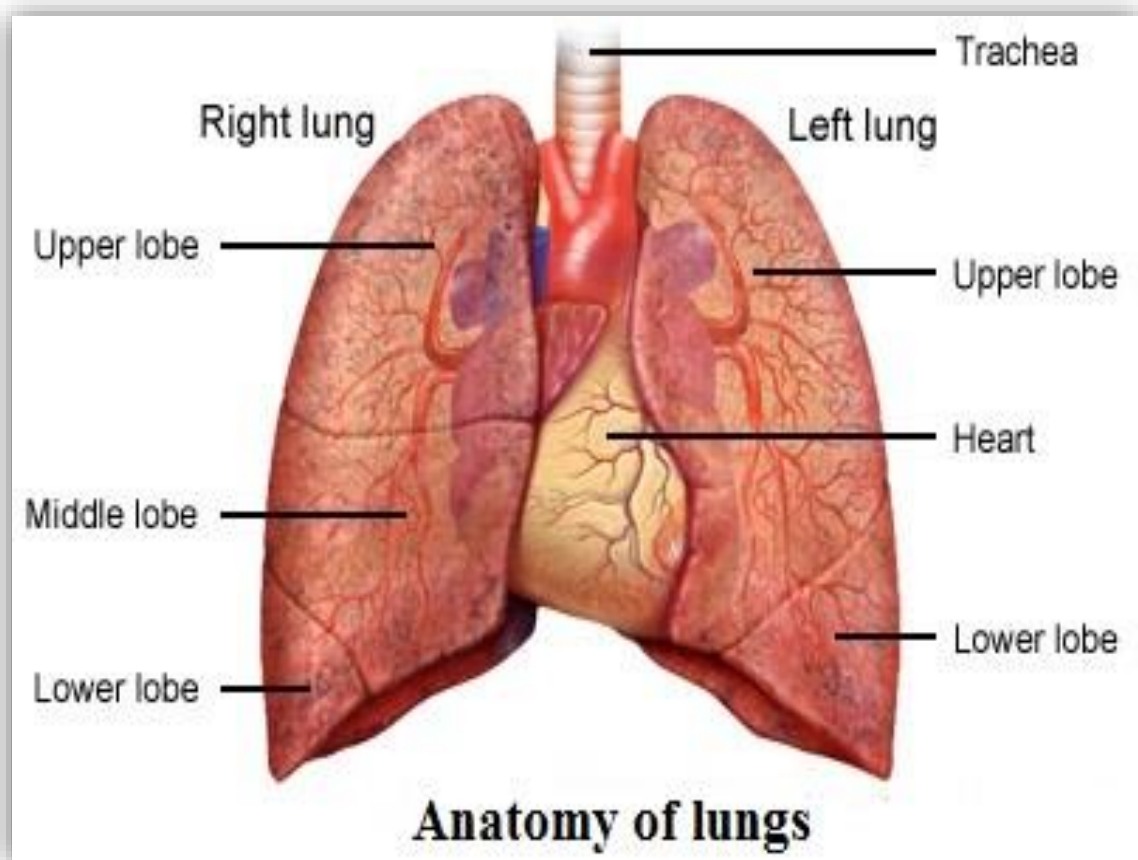


# Chest physiotherapy

## Definition

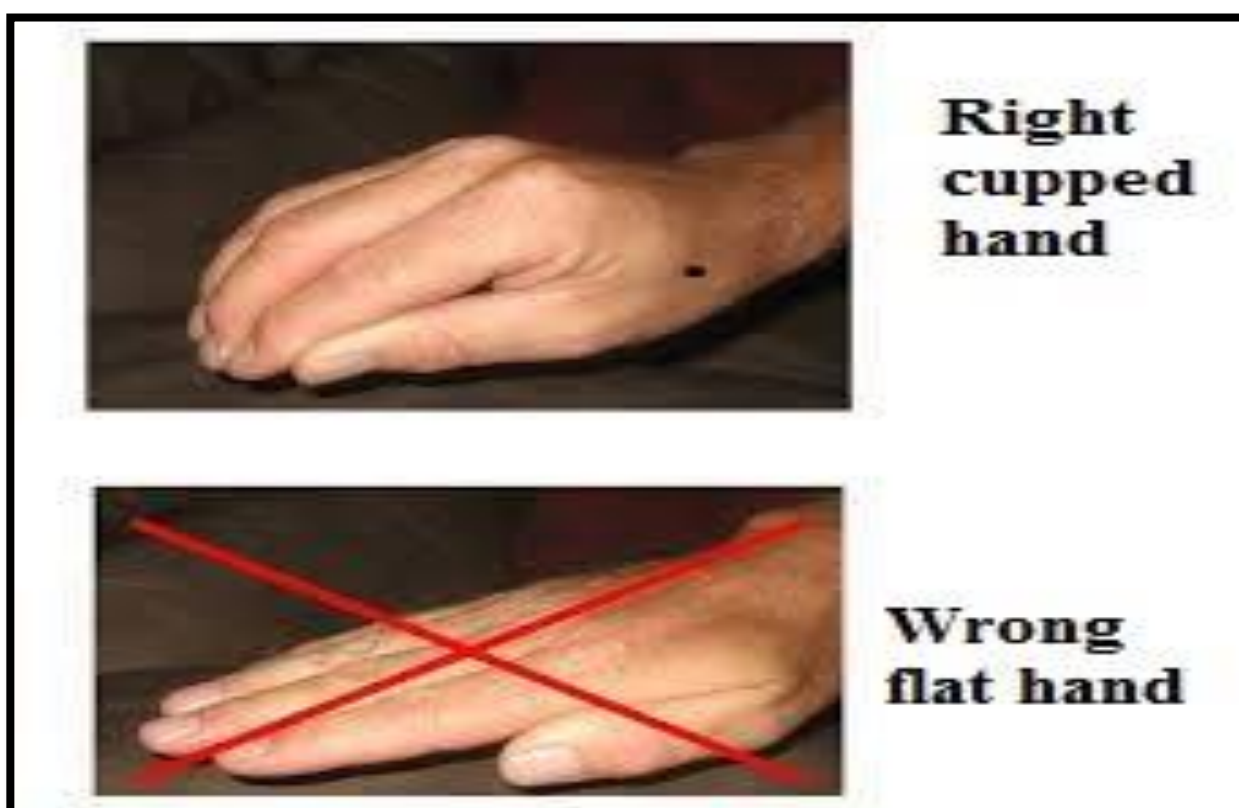
**Chest physiotherapy** is a group of physical techniques that improve lung function and help patient breathe better.



**Chest physiotherapy** expands the lungs, strengthens breathing muscles, and loosens and improves drainage of thick lung secretions.

## Types of chest physiotherapy

▪ **Chest percussion** to help loosen lung secretions.

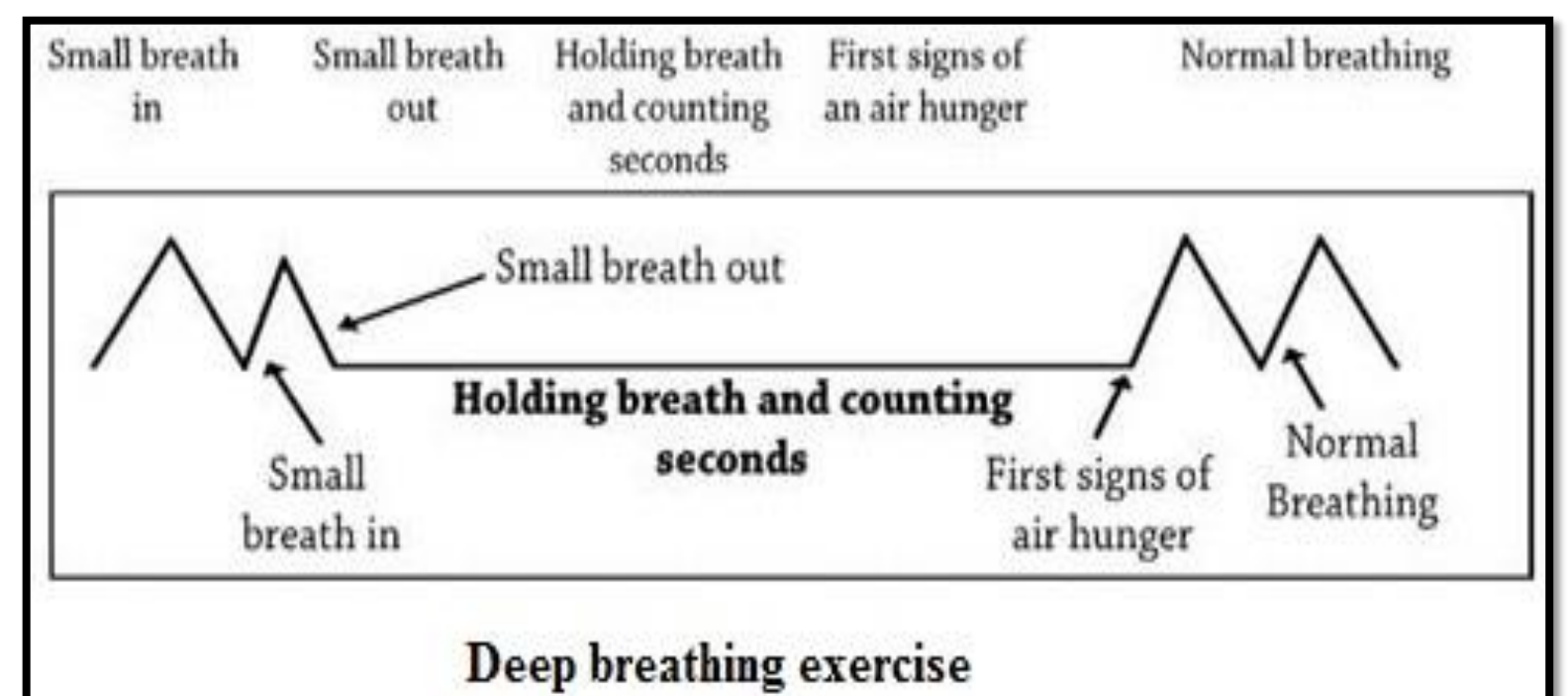


Prepared by : Group A4

▪ **Controlled coughing techniques** to help break up lung secretions so patient can expectorate them.



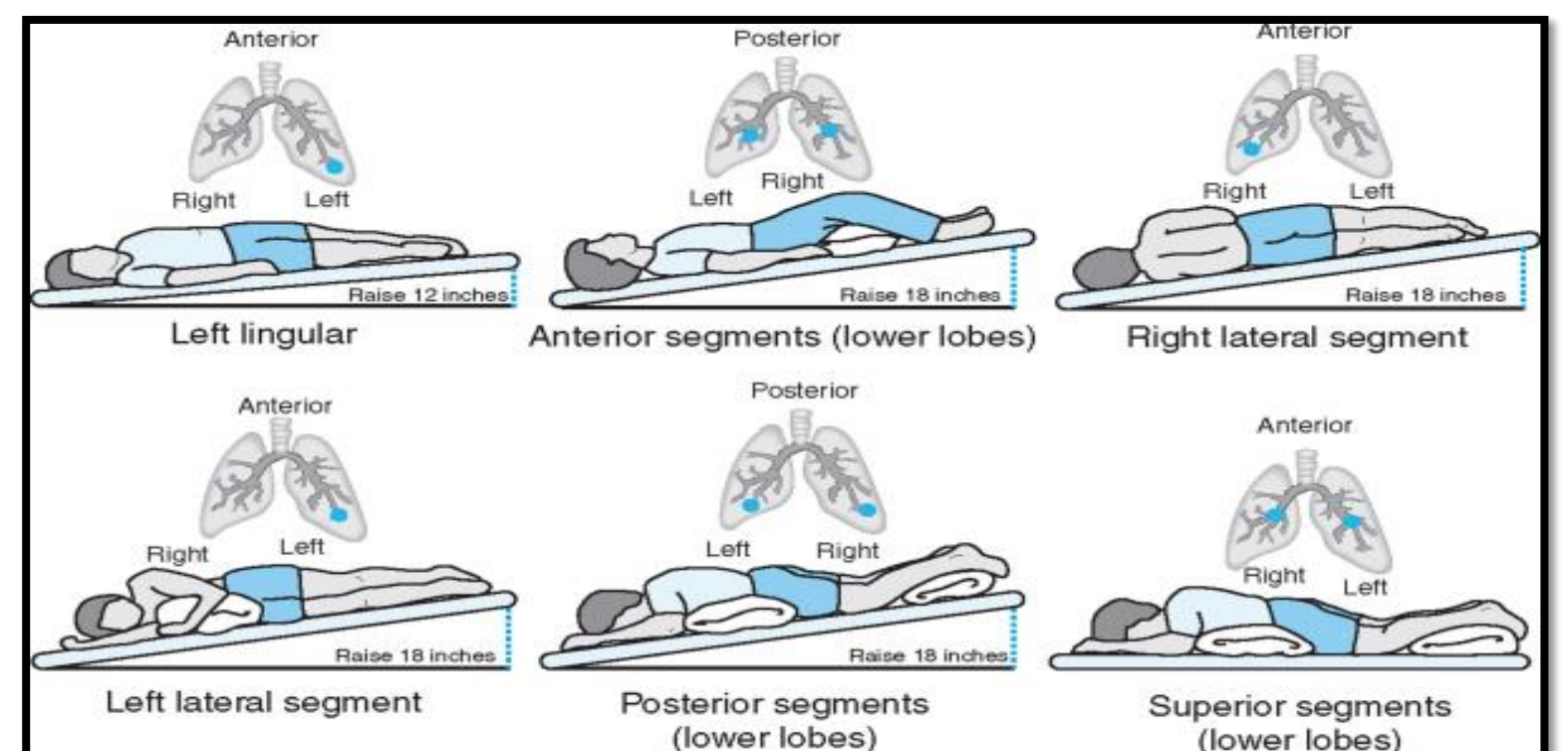
▪ **Deep breathing exercises** to help expand the lungs and draw more air into all areas of the lungs.



▪ **Incentive spirometry** to help improve lung function by inhaling strongly using a special device.



▪ **Postural drainage** to help drain lung secretions.



▪ **Vibration** to help break up lung secretions.

▪ **Positioning and Turning** from side to side.



**Supervision**

**Dr : Wedad Saber**