

Patient information factsheet

Manual assisted cough

What is a manual assisted cough?

- A technique used to enhance your own cough strength to help with clearance of secretions. It can be carried out in a lying, side-lying or sitting position.

Why is it used?

- Your condition has led to weakness in the muscles which usually help people to cough. This means you may sometimes have difficulty clearing secretions from your chest.
- It's important to clear secretions in order to maintain clear and healthy lungs.
- By using this technique you can decrease the risk of repeated chest infections and complications, which can improve your quality of life.

How is a manual assisted cough carried out?

- Your therapist will find a position comfortable for you.
- They will place their hands/forearms below your rib cage and instruct you to have a cough.
- In time with this, they will perform a forceful, inwards-and-upwards movement which will enhance the strength of your own cough. This should not be painful

Further information

- If you have not opened your bowels for more than 24 hours please inform your therapist.
- If the movement causes any pain please inform your therapist.

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8120 4688 for help.