

## Patient information factsheet

### Manual techniques

#### What are manual techniques?

These are hands-on techniques carried out by physiotherapists in order to aid the clearance of secretions from your lungs. They can involve percussions, shaking and vibrations.

#### Why are they used?

Sometimes when you have chest infections the secretions can become thick and sticky and difficult to clear.

Manual techniques can be used in conjunction with other treatments, such as nebulisers and deep breathing exercises, to assist with clearing your chest.

#### How are manual techniques performed?

Your therapist will find an effective position for your treatment.

#### Percussion

Your therapist will place a towel over your chest. They will then perform a rhythmical clapping on your chest. This technique may be carried out for up to five minutes in various positions.

#### Vibrations/shaking

Your therapist will place their hands on your rib cage. They will perform a shaking movement in time with your breath out. This technique may be carried out for several minutes in various positions.

Following the above you will be encouraged to cough to clear any loosened secretions.

#### Further information

Please inform your therapist if you experience any pain and discomfort or become wheezy.

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