

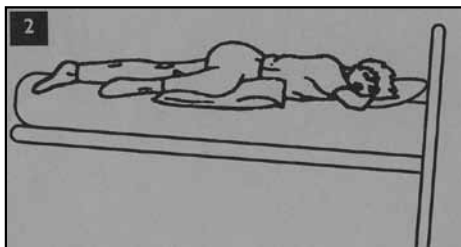
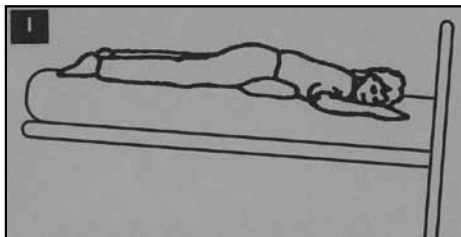
A GUIDE TO CLEARING YOUR CHEST

This leaflet is a reminder of what your physiotherapist has shown you.

It should not be hard work to clear phlegm off your chest. So any shortness of breath or wheeze should not be made worse.

POSITIONS

to help drain the phlegm.
Your physiotherapist will select the one for you.

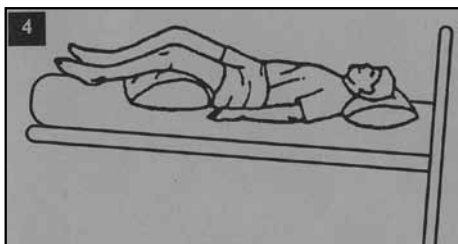
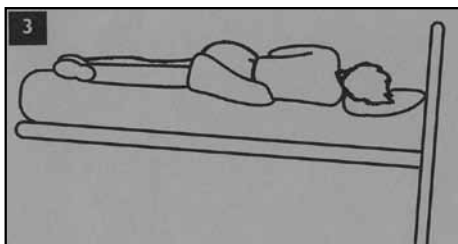


GENERAL POINTS

1. Choose a good time ...

- when you cough up most phlegm
- when you are not too wheezy, breathless or tired
- not when you are in a hurry
- and not straight after a meal

2. Do your physiotherapy about 15 minutes after your inhaler or nebuliser



Position ____ daily for ____ minutes

Use pillows to raise your hips if the bed can't be tilted.

BREATHING TECHNIQUES

to help clear the phlegm ...

1. Rest in the first position while your breathing settles.
2. Take _____ slow, deep breaths. Then breathe normally until settled again. Repeat this until the phlegm feels ready to clear.
3. To shift the phlegm do _____ strong huffs. A huff is a short, sharp breath out with your mouth open.

Remember to rest
inbetween each huff.

4. Repeat steps 1 – 3 until your chest feels clear

PHYSIO TIPS

- If you have more phlegm to clear, increase the times you do the technique
- To help clear phlegm with little effort you should complete this cycle _____ times, combining it with your drainage position

**PHYSIO
TIPS**

REMEMBER

- Try not to cough for too long. This can leave you tired and breathless.

- Drink plenty of fluids, especially when you are more chesty, to make clearing your chest easier.

NOTES

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**ADVICE LEAFLET FOR PATIENTS
PARTICIPATING IN THE MATREX TRIAL**

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