



Infant Chest Physical Therapy (CPT) – Modified

Chest physical therapy (CPT) is a way to help people with cystic fibrosis clear their lungs of thick and sticky mucus that can clog the airways. Sometimes coughing alone is not enough to help get the clogged airways clear. Keeping the airways clear is a good way to help reduce lung infection and improve lung function.

The goal of CPT is to clear mucus from each of the five lobes of the lungs by draining it into the larger airways so that it may be coughed out. Percussion/clapping with the hand or percussor cups over the lung segments will loosen the mucus, and coughing will move it up to the larger airways.

Tips for Percussion

- Make sure your child is wearing a thin covering, such as a T-shirt, for therapy. A T-shirt with numbers on it is available at your CF Center and may be used to learn positioning of an infant.
- Always use a cupped hand or percussor when doing percussion. If done correctly, a popping sound will be heard and no red marks should appear on your child's chest.
- Never tap over the backbone, breastbone or lower two ribs.
- Do therapy before meals. When this is not possible, wait at least one hour after meals to start therapy.
- If nebulizer treatments are prescribed, always do percussion after the bronchodilator treatment.
- Do percussion two minutes in each position as instructed.
- When your child is old enough to follow instructions, encourage him or her to cough following each segment.