Manual techniques chest physiotherapy contraindications

Client physiotherapy can be administered by a respiratory therapist, although technicians often can be taught to perform some of the actions. Most patients can participate in chest physiotherapy if they can sit up straight or bend forward comfortably, if they can move their arms and hands, and if they can breathe and cough. Depression, dementia, and chronic pain can prevent patients from participating in chest physiotherapy.

Physiotherapy is an effective treatment for patients with lung disease. It can help to improve lung function, reduce respiratory symptoms, and prevent hospitalization. It is also an effective treatment for patients with chronic obstructive pulmonary disease (COPD) and asthma.

Chest physiotherapy can be administered by respiratory therapists, although some techniques can be taught to family members. However, caregivers should be trained to perform the techniques correctly to avoid complications.

Material: Chest physiotherapy

Purpose: Lung expansion and mobilization

Equipment: Chest seals, rubber tubing, and a hand-held chest physiotherapy device.

Procedure:

1. Place the patient in a sitting position or lying on their side. If the patient is lying on their side, place a pillow between their shoulder and the bed. If the patient is lying on their back, place a pillow under their head.

2. Insert the chest seal into the patient's mouth or nose, or place the nose piece on their face.

3. Place the hand-held chest physiotherapy device on the patient's chest, and apply pressure to the device.

4. Repeat the procedure for 5-10 minutes, or until the patient shows improvement.

Contraindications:

- Patients with severe lung disease
- Patients with significant cyanosis
- Patients with severe anemia
- Patients with asthma
- Patients with unstable heart rate or blood pressure

Complications:

- Infection
- Exacerbation of respiratory symptoms

References:


