Therapy Professionals Ltd
Physio, Speech Language, Music, Occupational Therapists & Dietitians

How to Keep your Lungs Clear

Exercise

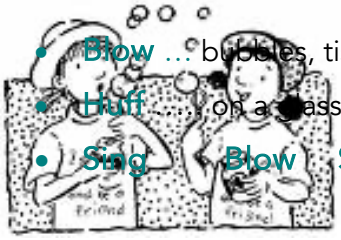
A day in bed does NOT help a chest infection. Movement loosens sticky sputum helping you to cough it up.

Move or exercise:

- on your feet walking, climbing, exercising
- from a chair swinging arms and legs up & down
- doing jobs about the house
- throw balloons/balls, stretch, swing or punch arms

Fun breathing activities:

They encourage deep breathing and help clear the chest.



- Blow … bubbles, tissues, whistles and party blowers
- Huff … on a glass or mirror
- Sing … Blow … Sing!

Huff Huff Cough

Try a deep huff and feel the tummy working, huff again then follow this by a deep cough (you will still feel the tummy working).

This deep coughing will clear the lungs.

DON'T cough by making throat sounds – a throat gurgle will do nothing!

IMPORTANT:

Get your physio to teach you how to breathe quietly without moving your upper chest or shoulders, and when to vary the length of your huff force.

Warm Moist Air

Try a steamy shower.
Close windows and door to make room steamy before you get in.
The warm vapour and the vibrations of the water jets will loosen sputum.
A warm spa or bath has a similar effect.

NB Be careful when moving on wet surfaces

Call the doctor if….

- your temperature is high
- your chest sounds wheezy
- you are breathing rapidly

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