

Postural Drainage

What is postural drainage?

Postural drainage is a way to help you clear secretions (sputum) from the deeper parts of your lungs. It is most effective for people who produce a moderate to large amount (half a cup each day) of sputum.

When do you NOT do postural drainage?

Do not do postural drainage if you have or develop any of the following:

- Gastro-Esophageal Reflux (acid reflux/stomach acid)
- Nausea or vomiting
- Significant increase in breathlessness with lying flat
- Fresh blood in your sputum
- Recent rib or spine injury or surgery
- Bronchospasm (wheeze)
- Recent eye surgery

Do not do postural drainage for at least 1 hour after eating a large meal.

When should you do your treatment?

Try to do your postural drainage position at a convenient time when your sputum is most productive

Stay in the postural position for at least _____ minutes as prescribed by your doctor for the most effective treatment.

What do you need to do before starting postural drainage?

- Wear comfortable clothing.
- Do not eat a large meal within 1 hour or less of doing the postural drainage.
- Allow enough time to complete your treatment.



**If you have any questions,
please ask your health care provider.**

On the next pages are a few of the most commonly used postural drainage positions, with a short description of how to do these positions at home.

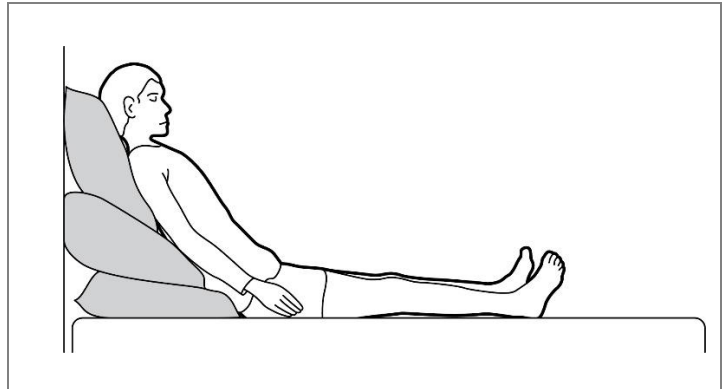


**Do the postural drainage positions
that are marked with a check mark.**

Upright sitting in bed

This position helps to drain the front upper part of your lungs.

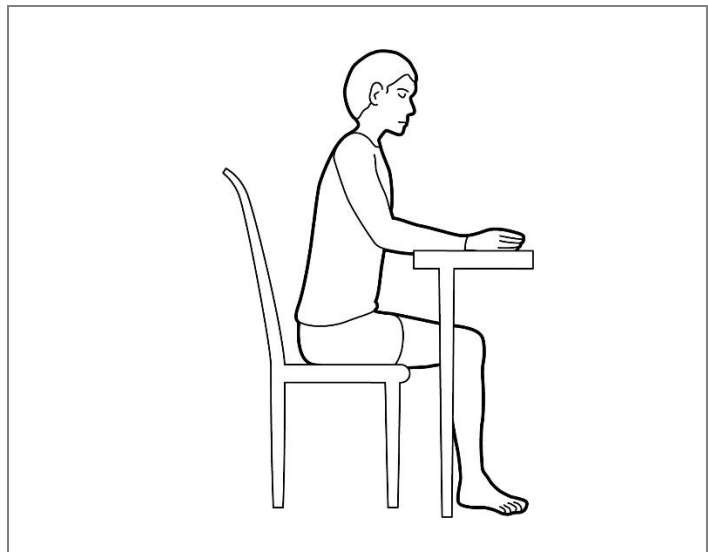
Sit upright in a comfortable position, leaning back against pillows.



Upright sitting at a table

This position helps to drain the back upper part of your lungs.

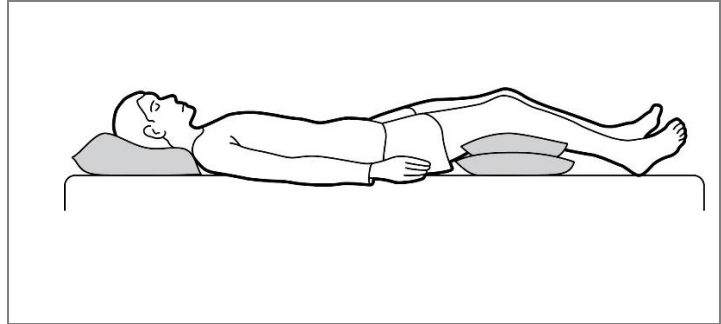
Sit upright and lean forward with your arms supported on a surface.



Lying on your back

This position helps to drain the front and upper parts of your lungs.

Lie on your back with your knees supported by pillows.

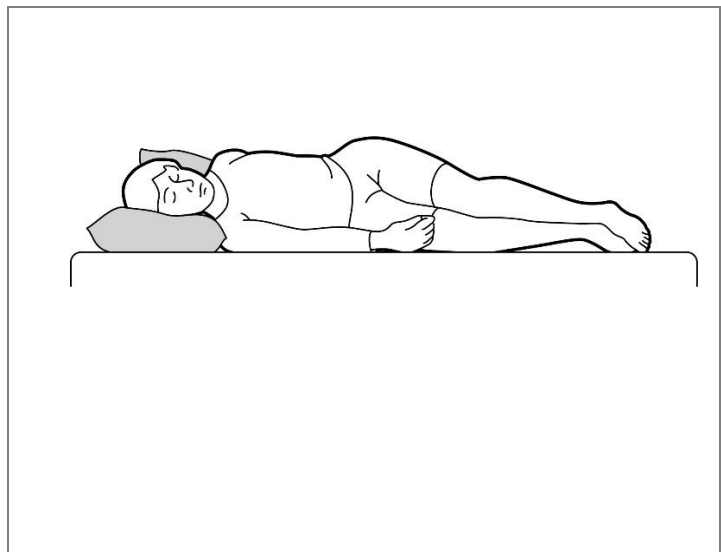


Right side lying with 1/4 turn

This position helps to drain the middle part of your left lung.

Lie on your right side supported with pillows behind your back and under your left hip.

Roll back onto the pillow, so your body is at an angle.

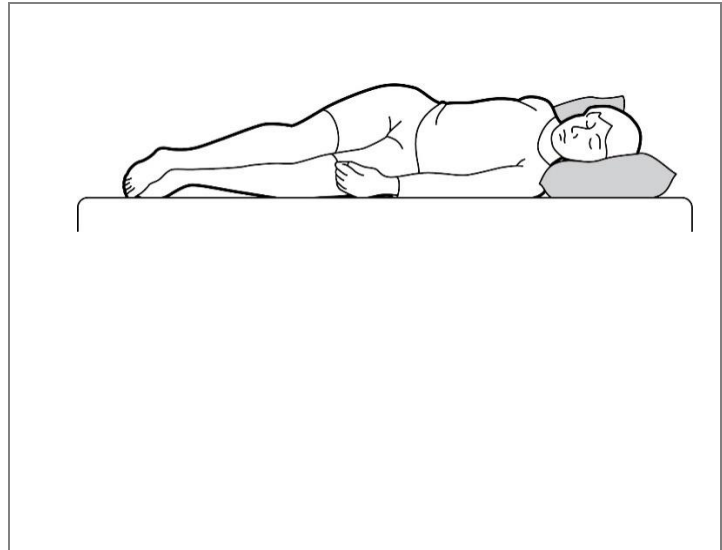


Left side lying with ¼ turn

This position helps to drain the middle part of your right lung.

Lie on your left side supported with pillows behind your back and under your right hip.

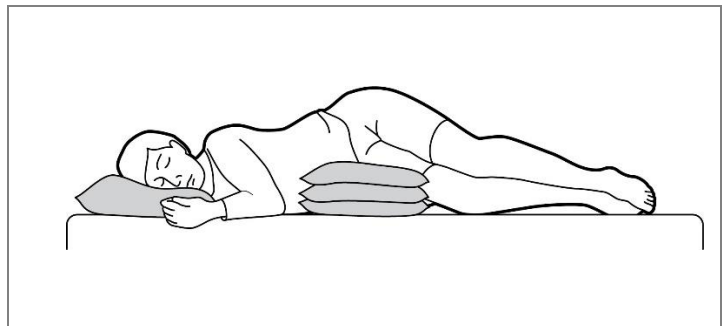
Roll back onto the pillow, so your body is at an angle.



Right side lying with tip

This position helps to drain the base of your left lung.

Lie on your right side with your hips supported by at least 3 pillows.

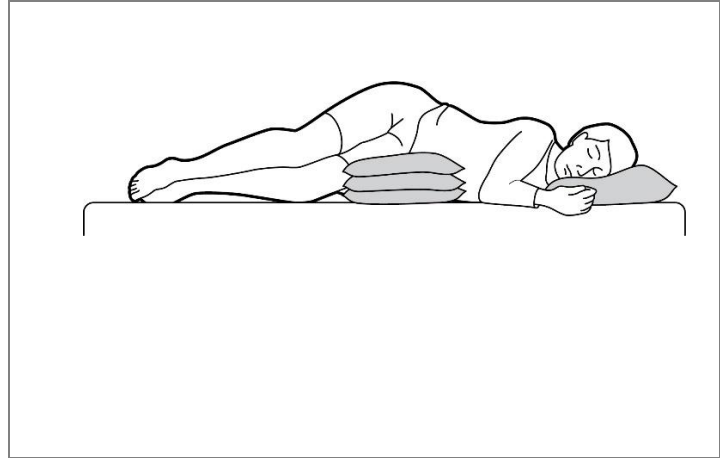


Right side lying with tip

This position helps to drain the base of your right lung.

Lie on your left side with your hips supported by at least 3 pillows.

Shoulder must not rest on head pillow.



Lying on your stomach

This position helps to drain the back parts of the base of your lungs.

Lie on your stomach.

If you have a lot of secretions, you may find it useful to place 2 or 3 firm pillows underneath your hips to tip your chest.

