

# AIRWAY CLEARANCE (ADJUNCTS AND TECHNIQUES)

## WHY DO I NEED TO CLEAR MY SPUTUM (PHLEGM)?

Sputum accumulates

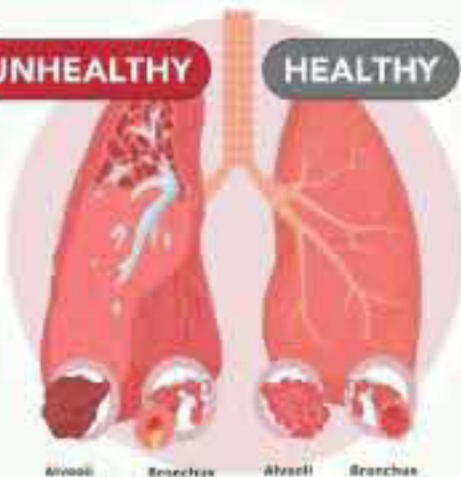
Inflammation

Causes lung damage

Worsens lung function

UNHEALTHY

HEALTHY



## WHEN SHOULD YOU USE AIRWAY CLEARANCE?

- Coughing out sputum daily
- During an infection
- Having sputum but unable to cough it out

## AIRWAY CLEARANCE ROUTINE

### 1 POSTURAL DRAINAGE

- This uses gravity to move sputum from the deeper parts of your lungs into larger airways to be coughed up
- Stay in each position for 10 minutes

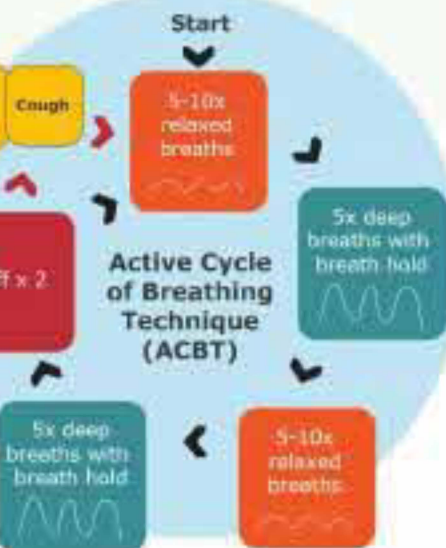


### 2 AIRWAY CLEARANCE TECHNIQUES

#### ⓐ Active cycle of breathing technique

This uses an alternating depth of breathing to move sputum from the deeper parts of your lungs into larger airways to be coughed up.

Cough only when phlegm is at the back of your throat. If not, repeat the cycle (in red arrows) until the phlegm is ready to come out.



#### ⓑ Positive expiratory pressure (PEP)

This helps to hold the airways open and allows air to get behind and remove the sputum.



### 3 HUFF AND COUGH

