

PHYSIOTHERAPY:

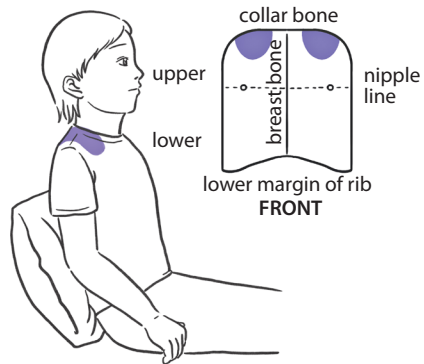
MODIFIED POSTURAL DRAINAGE FOR ADOLESCENT

PERFORM PERCUSSION AND/OR EXPIRATORY VIBRATIONS:

For _____ minutes, _____ times a day, 30 minutes after eating.

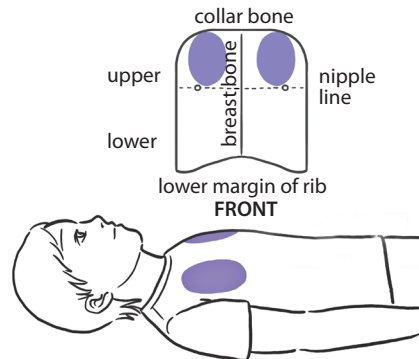
AM: _____ PM: _____

1 UPPER LOBE APICAL SEGMENT



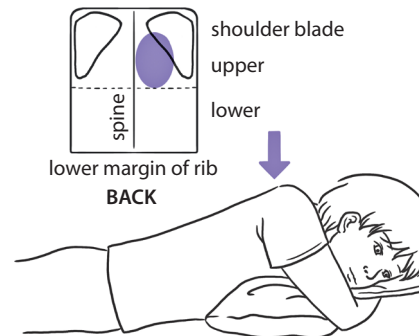
Sit up and lean slightly backwards, treat over the top of the shoulder.

2 UPPER LOBE ANTERIOR SEGMENT



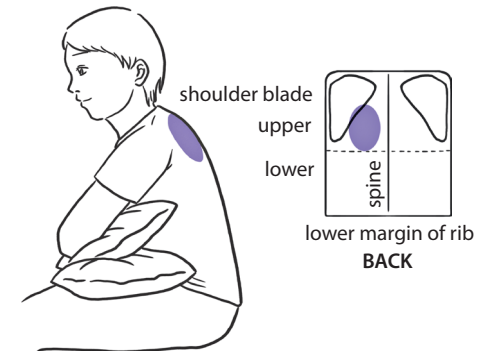
Lying flat on back, treat below the collar bone and above the nipple line.

3 UPPER LOBE RIGHT POSTERIOR



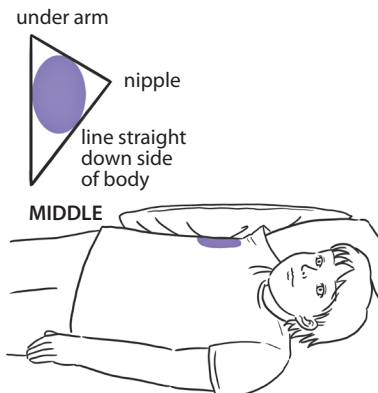
Lying on stomach with a pillow under the right side of chest, treat over the shoulder blade.

4 UPPER LOBE LEFT POSTERIOR SEGMENT



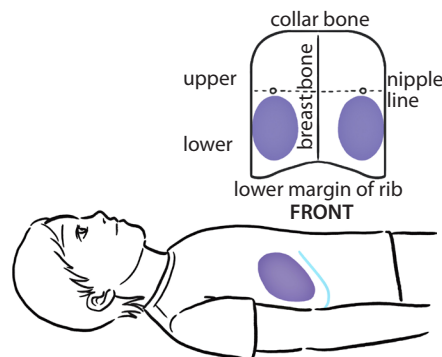
Sit up leaning forwards on some pillows, treat between the shoulder blade and spine on the left side.

5 RIGHT MIDDLE LOBE AND LINGULA



Lying on the side leaning backwards on a pillow, raise arm and treat under the armpit towards the front of the chest.

6 LOWER LOBE ANTERIOR SEGMENT



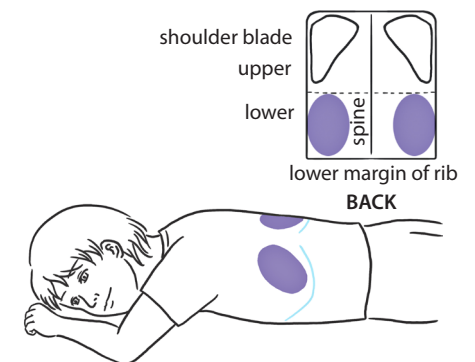
Lying on back, treat above lower margin of ribs and below nipple line.

7 LOWER LOBE LATERAL SEGMENT



POSTEROLATERAL OR LATERAL SEGMENT: Lying on the side, treat the area above the lower margin of the ribs on the side.

8 LOWER LOBE POSTERIOR SEGMENT



Lying on stomach, treat above the lower margin of the ribs and below the shoulder blade.