## AIRWAY CLEARANCE (ADJUNCTS AND TECHNIQUES)



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





## WHEN SHOULD YOU USE AIRWAY CLEARANCE?

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

## AIRWAY CLEARANCE ROUTINE

- 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



Start



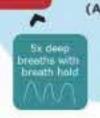
O Active cycle of breathing technique

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

O Positive expiratory pressure (PEP) This helps to hold the airways open and allows air to get behind and remove the sputum.



each of your throat. If not, repeat the cycle (in red arrows) unto the alregm is ready to come out.



Cough

Huff x 2



5x deep

S-10x relaxed breaths

3 HUFF AND COUGH





