

Chest Physical Therapy Checklist

- ___ 1. Waits at least 30-60 minutes after meals before beginning CPT.
- ___ 2. Uses bronchodilator prior to CPT if so prescribed.
- ___ 3. Pt. wears comfortable clothing for CPT—no bare skin.
- ___ 4. Caregiver removes rings, watches, and bracelets.
- ___ 5. Pt. is positioned comfortably with pillows, foam wedges, sofa cushions, bean bags, or on tilt table. Head is supported.
- ___ 6. Caregiver holds hand in correct cupped position for clapping.
- ___ 7. Caregiver makes firm but not painful contact while percussing.
- ___ 8. Caregiver percusses for 4-6 minutes each (in any order):
 - ___ a. Top of shoulders between scapula and collarbone on left and right side. Pt. sits, leaning back slightly against pillow.
 - ___ b. Upper chest on left and right side between the collarbones and nipples, avoiding sternum (bone in middle of chest), and breasts. Pt. lays flat on back or sits up, leaning back slightly against pillow.
 - ___ c. Upper back over scapula on left and right side, avoiding spine. Pt. sits, leaning forward over pillow.
 - ___ d. Lower back on left and right side, below the scapula and above the edge of the rib cage. Pt on stomach, trunk and head slanting down.
 - ___ e. Left side of trunk from just below arm pit to bottom of rib cage. Pt on right side, head & trunk slanting down.
 - ___ f. Right side of trunk from just below arm pit to bottom of rib cage. Pt. on right side, head & trunk slanting down.
 - ___ g. Lower chest on left and right side, below the nipples and above the edge of the rib cage. Pt on back, trunk and head slanted down.
- ___ 9. Pt. huffs and coughs after CPT in each position in order to mobilize and clear mucus.