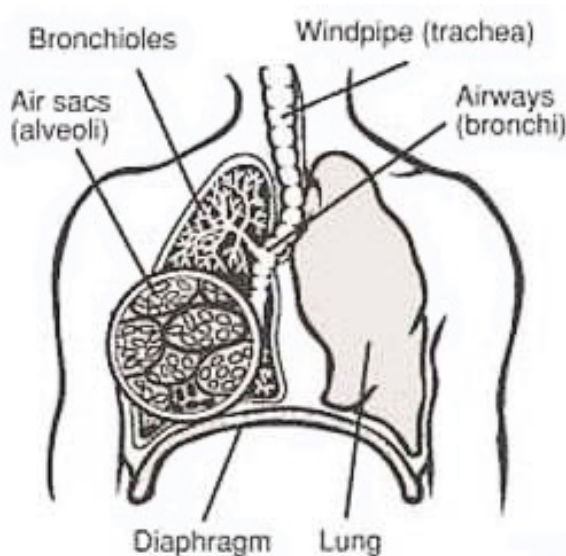


How to help you recover from a chest infection- adolescents *(page 1 of 2)*

Chest infections can cause you to cough more to clear mucous from your lungs. Physiotherapy in the form of breathing exercises can help clear your chest and ensure you can breathe using the whole of your lungs.



Our lungs work best when we are active so if you have been unwell and in bed your lungs will not expand as much as when you are running around. As soon as you are able to sit up in bed; spend time sitting up to listen to music, watch TV or read. You should walk around as soon as you are able, if you feel tired have a rest after any activity.

Chest infections clear faster when you are well hydrated, so make sure you have drinks available.

Whilst in bed there are breathing exercises that a physiotherapist can demonstrate to you:

Active cycle of Breathing:

- sit upright in your bed or chair, think about your posture with your back as straight as possible
- slowly take a deep breath in through your nose and out through your mouth, repeat 10 times
- try a huff, this is a quick breath out as if you were steaming up a mirror
- now try a cough
- you can repeat a further time if these exercises cause a strong or 'fruity' sounding cough
- repeat this cycle of 10 breaths, a huff and a cough every hour
- as you recover you will be able to take deeper breaths
- if you are walking round and returning to physical activities you no longer need to complete these breathing exercises.

Sometimes coughing can be painful, for example following surgery. If this is the case make sure you take your analgesia/ painkillers regularly. The physiotherapist can show you how to hold your tummy or chest whilst

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you are coughing to lessen discomfort. Try not to repeatedly cough, use the Active Cycle of Breathing before attempting to cough.

Your physiotherapist is called