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The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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## Postural Drainage

Postural drainage can be used to assist chest clearance. The positions use gravity to help the movement of secretions. Postural drainage is normally suggested alongside other physiotherapy techniques.

### The Positions:

Your physiotherapist will advise you of the best positions to drain your lungs based on your lung pathology and what works best for you.



There are a number of positions which can be used depending on where secretions are within the lungs. Secretions in the bases of the lungs are best drained in side lying. Secretions in the top of the lungs may be cleared in sitting. These positions are shown in the pictures opposite.



### When to use:

Your physiotherapist should advise you on how often and how long to do this technique.

Chest clearance is recommended in the morning and evening and at other times if required. How long you spend doing the technique will depend on the quality and thickness of your secretions. Ten minutes in a position of drainage is a good guide, clearing the most affected area of your lungs first. You may want to sit up to huff or cough your secretions up.

### For further information


For more information please contact:

The Respiratory Team  
01722 336 262 ext 4220/28922

or British Lung Foundation  
73-75 Goswell Road, London,  
EC1V 7ER.  
020 7688 5555.

[www.blf.org](http://www.blf.org)

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