

# 胸肺物理治療



## 服務申請及查詢

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## 捐款

如欲資助本會，幫助殘疾人士改善生活質素，可透過以下途徑捐助：

1. 郵寄支票（抬頭請寫復康資源協會）
2. 直接存入香港上海匯豐銀行（戶口號碼：004-198-4-013514）
3. 繳費靈（商戶編號9475，請以電話號碼為賬單編號，然後致電18033或登入www.ppsk.com捐款）
4. 電子網上銀行捐款（請登入個人網上銀行，選擇商戶名稱「復康資源協會」，並以電話號碼作為賬單編號捐款。）
5. 攜以下條碼到任何一間7-ELEVEN便利店捐款。

捐款港幣100元以上，可憑收據免稅。

7-11 (ISDC)



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## 什麼人需要胸肺物理治療

有肺炎、肺塌陷等肺部疾病、長期臥床、咳嗽功能差、手術後、意識不清、痰多或有人工氣道的患者。

### 胸肺物理治療的方法

胸肺物理治療的基本技術包括呼吸運動、胸廓運動、姿位引流與徒手扣擊（拍痰）、震動技巧等等，主要是利用物理方式，使氣管壁上的痰液鬆動、容易咳出，並改善換氣和恢復有效的呼吸形態、提升運動耐力，避免肺部塌陷及肺部感染惡化。

#### 一、姿位引流：

利用病人的身體姿勢擺位，利用地心吸力及重力，引流肺部節段所滯留的痰液，促使痰液自小支氣管排到較大支氣管，再利用咳嗽或抽吸使分泌物排出。



引流姿勢一



引流姿勢二

#### \*注意事項：

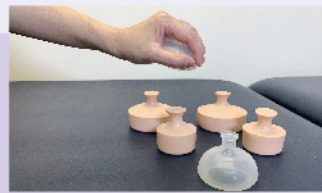
以下狀況不適宜進行姿位引流：嚴重咳血、不穩定或突發之心臟血管及呼吸功能系統問題（例如：心肌梗塞、呼吸衰竭、張力型氣胸）、改變姿位會引起不良反應者（例如：腦神經外科手術後，變換姿勢會使顱內壓急劇上升）。

#### 二、扣擊：

藉由呈杯狀的手掌在病人肺臟患區的胸壁上扣打產生共振，亦可根據病人背部區域大小，選擇適當拍痰杯扣擊節省力氣。



杯狀手掌



拍痰杯

#### \*注意事項：

- 用餐後一小時不宜拍痰，避免造成嘔吐。
- 若身上有引流管，或傷口縫線的地方，都應小心避開。
- 勿扣擊以下部位：骨頭突出處、脊椎、乳房組織上、骨質疏鬆處、腎臟位置、肺栓塞病人、容易出血者或咳血患者。

#### 三、震動技巧：

在病人呼氣時，施以向下振動的力量於胸壁上，振動方向與痰液移動方向相同。

## 四、咳嗽訓練：

訓練的原則：

- 注意咳嗽的姿勢，直背坐姿或身體前傾為佳。
- 若病人有傷口或咳嗽時疼痛，可按壓提供該部位的支持，減少咳嗽時疼痛，增加咳嗽效力。



咳嗽姿勢一

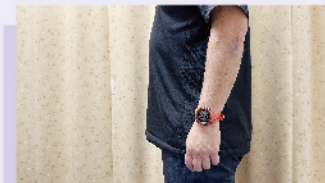


咳嗽姿勢二

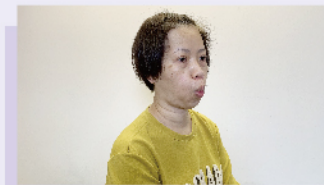
## 五、呼吸運動：



橫膈腹式呼吸-吸氣



橫膈腹式呼吸-吐氣



圓唇吐氣法

## 六、胸廓運動：

利用不同的軀幹及四肢動作伸展肌肉，目的在回復胸廓上軟組織的柔軟度，減少攣縮的程度，並增加胸廓的活動度，以有效進行肺部呼吸。



活動單側胸壁



活動上胸部及伸展胸大肌



# Chest Physiotherapy



## Service Inquiry and Referral


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 Tel 2364 2345 Fax 2764 5038


**Rotary Rehabaid Centre for Children**  
 G/F, 7 Sha Wan Drive, Pokfulam, Hong Kong  
 Tel 2817 5196 Fax 2819 8041

Email: [admin@rehabaidsociety.org.hk](mailto:admin@rehabaidsociety.org.hk)  
 Web: [www.rehabaidsociety.org.hk](http://www.rehabaidsociety.org.hk)

## Donation

You can help improve the quality of life of persons with disabilities through contribution in the following means:

1. Cheque by mail (Cheque payable to REHABAID SOCIETY).
2. Deposit to HSBC (The Hong Kong & Shanghai Banking Corporation Limited - Account No. 004-198-4-013514).
3. PPS (merchant code 9475). Please register your phone number as bill number. then call 18031 or visit [www.pps.hk](http://www.pps.hk) to make your donation.
4. For online banking services, please select "Rehabaid Society" from the payee list. Use your phone number as the bill number for donations.
5. Bring the barcode below to any 7-ELEVEN Store to make your donation.

Donations over HK\$100 are tax deductible with receipt.

7-11(HSBC)



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## Who needs chest physiotherapy?

Individuals who are bedridden or lethargic, post-operation or with a tracheostomy tube or stoma, or diagnosed with certain lung disorders such as pneumonia, atelectasis, or unable to perform effective cough to clear mucus.

### Techniques of chest physiotherapy

The basic techniques for chest physiotherapy include breathing technique, chest expansion, postural drainage, percussion, vibration, etc. Its principle is to utilize physical and mechanical methods to loosen up the mucus in the airway in order to assist coughing and gas exchange, regain effective breathing pattern, improve aerobic endurance and lung function, and prevent pre-existing pulmonary disorders from worsening.

**Postural drainage (PD):** Positioning a patient in a way that allows gravitational force to assist the flow of the secretion in the involved lung segment from the smaller to the larger airways to clear the airways with coughing or other techniques.



PD position 1



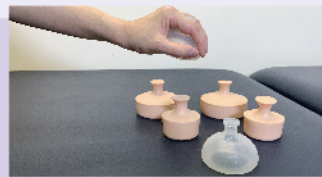
PD position 2

\* Contraindication: hemoptysis (coughing up blood), unstable cardiovascular or pulmonary conditions such as myocardial infarction (heart attack), respiratory failure, pneumothorax, or any complication with such positioning e.g. postural changes may increase intracranial pressure after some brain surgeries.

**Percussion:** Percuss the involved lung segment with a rhythmic force using your hands, forming a cup shape. Depending on the size of the area for treatment, a manual percussion cup is a good alternative option to energy conservation.



Hand position for percussion



manual percussion cup

#### Remarks:

- Wait at least an hour after eating
- Avoid the area with draining tubes or stitches or open wounds
- Do not perform percussion in the following areas: bony prominence, vertebrae, breast tissue, areas with low bone density, over kidneys, individuals diagnosed with pulmonary embolism, or individuals who are taking anti-coagulant medication

**Vibration/Shaking:** As the patient breaths out (pursed-lip breathing), apply an oscillatory movement of the hands with a downward force to facilitate the flow of the secretion towards the larger airways.

### Coughing exercise:

The principle:

- Positioning the person in sitting, upright or leaning forward slightly is preferred.
- Covering any area with open wounds or pain for support during coughing.

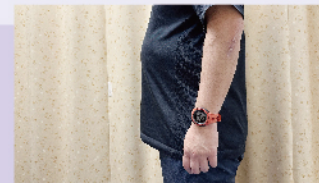


Coughing position 1

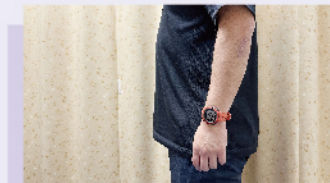


Coughing position 2

### Breathing exercise:



Diaphragmatic breathing - Inhalation



Diaphragmatic breathing - Exhalation



Pursed-lip breathing

### Chest expansion movement:

Utilizing trunk and limbs movements to stretch the intercostal muscle to improve flexibility or decrease the muscle from shortening, and increase the degree of movement of thorax to promote proper breathing pattern.



Mobilizing unilateral chest wall



Mobilizing upper chest