primary studies - published, non RCT

Assessment of percussion, vibratory-shaking and breathing exercises in chest physiotherapy.

Code: PM2982632 **Year:** 1985 **Date:** 1985 **Author:** Sutton PP

Participants

8 patients with copious sputum production (mean: 44 g/day)

Interventions

percussion, vibratory-shaking and breathing exercises

Outcome measures

Tracheobronchial clearance, dry sputum

Main results

Tracheobronchial clearance was unaffected by the addition of either vibratory-shaking or percussion with and without breathing exercises to postural drainage. There was however a significant (p less than 0.01) increase in the dry weight of sputum produced during each of these treatments. The combination of postural drainage used in conjunction with the forced expiration technique is responsible for the majority of mucus mobilisation and should form the basis of routine chest physiotherapy programmes; the other modes appear to be of lesser value.

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/122/CN-00208122/frame.html

See also

European Journal Respiratory Diseases YR: 1985 VL: 66 DE: RCT NO: 2

Keywords

Airway clearance technique; exercise; non pharmacological intervention - devices OR physiotherapy; Percussion; Vibration; Inhalation OR nebulised; Postural Drainage; Chest physiotherapy; oscillating devices;