



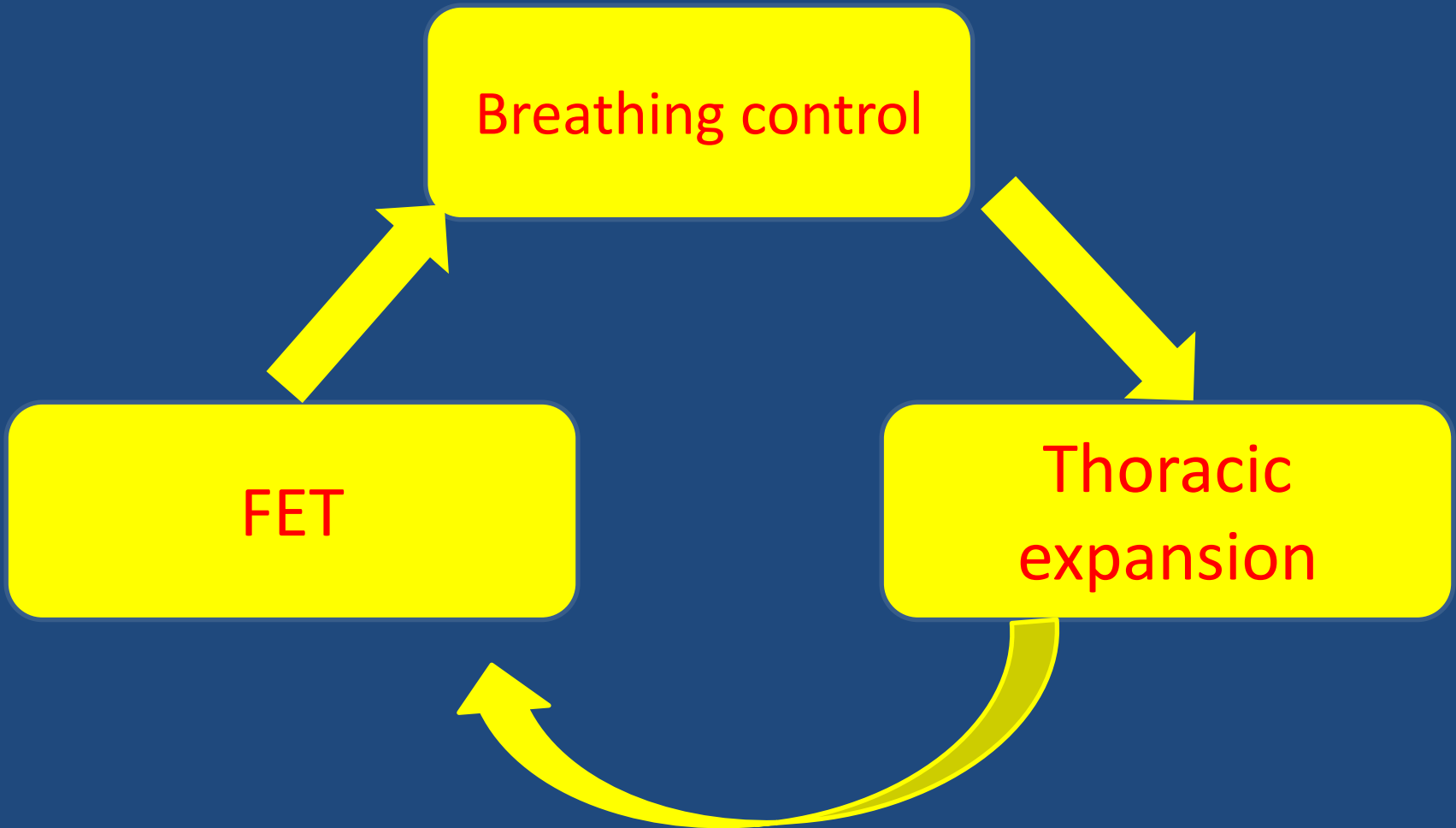
# Advantages of MH

- • Reverses atelectasis (*Lumb 2000*)
- • Improves oxygen saturation and lung compliance (*Patman et al., 1999*)
- • Improves sputum clearance (*Hodgson et al., 2000*)



**Manual Hyper inflation**

# ACBT



# AUTOGENIC DRAINAGE

- Autogenic drainage is a technique that utilizes controlled expiratory airflow during tidal breathing to mobilize secretions in the peripheral airways and move them centrally.
- Autogenic drainage consists of the following three phases:
  - (1) “unsticking” the mucus in the smaller airways by breathing at low lung volumes
  - (2) “Collecting” the mucus from the intermediate-sized airways by breathing at low to middle lung volumes;
  - (3) “evacuating” the mucus from the central airways by breathing at middle to high lung volumes.
- The individual then coughs or huffs to expectorate the mucus from the large airways.
- The advantage of autogenic drainage over postural drainage is that it can be performed in the seated position without the assistance of a caregiver.