

Positioning

- Physiological Effects of Positioning
- Optimizes oxygen transport by improving V/Q mismatch
- Increases lung volumes
- Reduces the work of breathing
- Minimizes the work of heart
- Enhances mucociliary clearance (postural drainage)

- **Positioning.**

- Body positioning is a potent therapeutic intervention that promotes oxygen transport and gas exchange in two ways: one from the physiological benefit accrued from specific position themselves and other from physiological benefit accrued from changing from one position to another.
- **For unilateral lung pathology: Sidelying position with good lung down**
- **For bilateral lung pathology: Right sidelying position**

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