

## **LUNGS AND SINUSES**

Patients who are struggling with congestion in their nasal passages and chest will receive of the following treatments:

### **SINUSES**

- Rhino flow, along with mucolytics, to rinse the sinuses. This allows the sinuses to drain very effectively.
- Laser and Ultrasound to reduce the congestion of the mucous membranes – this will facilitate drainage and relieve pain.
- C1 and C2 mobilisation to promote drainage.
- Dry Needling (only if needed or requested by patient).

### **LUNGS**

- Nebulisation to clear up bronchospasm and to reduce the viscosity of thick secretions.
- Postural drainage.
- Percussion.
- Breathing exercises will be given to improve airflow and increase chest expansion.
- Cardiovascular exercises to mobilise secretions.
- Suctioning of babies can also be done.