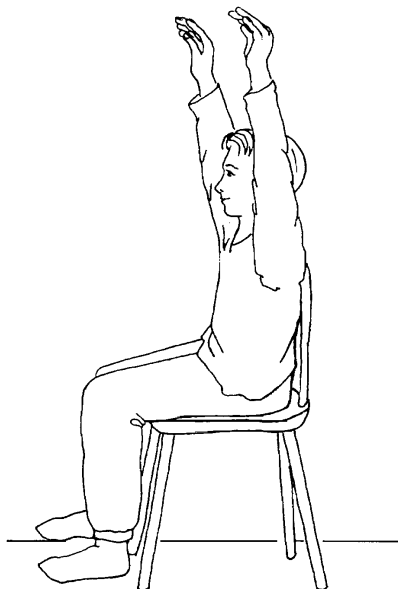


## Coughing exercise

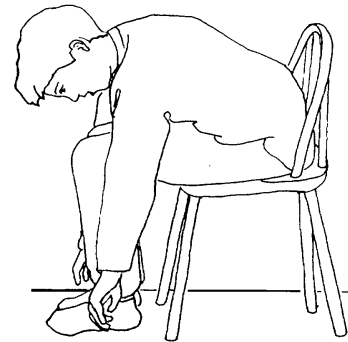
This exercise helps you loosen and cough up mucus more effectively.

1. Sit in a supportive chair with your feet firmly on the floor.
2. Raise your arms over your head as you take a deep breath in.



3. Hold your breath in this position briefly.

4. Quickly and forcefully bend forward from the hips and try to cough several times in a row.



5. Repeat if needed to get all the mucus out.

### Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call the doctor or physical therapist.

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