

For further information or to book a home visit you can call the **Baby Chest Physiotherapy Help Line 07980 655 248**

Alternatively you can call us at either clinic during office hours and further information is available on the website **www.physio4all.com**

'My baby was not holding food down until he had his chest physio... the advice I received was also really helpful'



We operate from two clinics and provide home visits if needed.

Baby Chest Physiotherapy Help Line 07980 655 248

Chelsea
222 Old Brompton Road
London SW5 0BZ
020 7373 0050

Battersea
40 Webbs Road
London SW11 6SF
020 7228 2141

www.physio4all.com



PHYSIO FOR ALL

Bronchiolitis and my baby

This leaflet explains about bronchiolitis and how it can make your baby unwell, and how physiotherapy can help. It also gives advice on how you can help your baby to recover.





What is bronchiolitis?

Bronchiolitis is a common and contagious viral infection that affects about one third of all infants in the first year of their life. It often begins like a cold. The smallest airways in the lungs, called the bronchioles become inflamed leading to a build-up of mucus. As a baby has difficulty in coughing effectively or blowing his nose this leads to the following symptoms:

'I thought it would clear up by itself but the cough kept on for weeks until I saw a physio...'

The symptoms

1. Your baby appears to have a cold
2. They have a blocked or running nose
3. They are coughing
4. Your baby's breathing is abnormally noisy (wheezy) and rapid
5. They are not eating, drinking or feeding well.
6. Their sleep is disturbed.

They should be examined by a doctor who would recommend the appropriate medication and perhaps physiotherapy. Most babies recover quickly but some cases can be severe. When your baby shows signs of breathing difficulties, is vomiting and not feeding properly, your baby might need to be hospitalised and the doctor or physiotherapist could advise on this.

How physiotherapy can help?

Our highly trained physiotherapists use special techniques to loosen and clear the mucus from the bronchioles and occasionally using gentle pressure on the trachea (wind pipe) provoking an effective cough. The baby may react by crying as it is unpleasant but not painful. It usually obtains an immediate improvement in the babies' condition, generally loosening the chest, encouraging a better breathing pattern and therefore allowing the air back into the smaller airways. This can also help the wheezing.

We also use saline (salt water) to clean the baby's nose. A 'mouche bebe' (special type of nasal aspirator) may also be used to extract the mucus. If your doctor has prescribed a bronchodilator spray, the physiotherapist can check you are using this correctly.

Physiotherapy does not cure the viral infection but can be very effective in helping to alleviate the symptoms and avoid hospitalisation. After physiotherapy your baby will:

- breathe more easily
- Feed better
- Sleep better (as will you!)

Which will promote a better and faster recovery.

How can you help?

The physiotherapist will teach you how to use the saline to clean the baby's nose and the 'mouche bebe' if appropriate. This can be important to do prior to feeding. The nose is then unblocked and the baby is able to breathe more easily.

If necessary, feed the baby little and often, making sure he has plenty of fluids.

Ventilate and humidify his room (you can put a bowl of water on top of the radiator) or hang wet towels. Do not overheat the room.

Give him a bath; the humid air in the bathroom can be beneficial.

The baby should be sleeping in an upright position (put some pillows under the mattress at the head end of the cot).

You should avoid contact with other babies to avoid spreading the virus and hands should be regularly washed.

Take him to physiotherapy for treatment and advice and contact your GP or physiotherapist if you have any concerns.

Our service

Physio for All has many years experience in the treatment of Bronchiolitis and other respiratory conditions. We work and liaise with doctors and other health specialists in London.

We offer a 7/7 baby chest physiotherapy service with a team of physiotherapists on hand to provide home visits and we operate two clinics which are open from 7.30am to 7.30pm during the week and 9am to 1pm on Saturday.

'Following physiotherapy my baby slept so well, as did the rest of the family!'