Quad Coughing

Quad coughing is a technique to help clear secretions from the airway. A helper applies a directed push to help strengthen the cough. If needed, a nurse or respiratory therapist can help you learn this technique.

Steps for the Helper

1. Position the patient on his or her back in bed. The other option is to position the patient sitting straight in a chair, with the chair tilted back. If the patient uses a wheelchair, place it against a wall or other firm object with the brakes locked.

2. Face the patient and place your hands in one of these two positions:

   Position 1: Heels of hands, one on top of the other, pressing just below breastbone and centered beneath ribcage.

   or
Questions?

Call 206-598-4295

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

Rehabilitation Clinic
206-598-4295

Position 2: Place hands on either side of body, just below the ribcage, with the upper contour of hands fitting the contour of the stomach. **Caution: No pressure should be placed on the ribs and sternum.**

Ask the patient to take 3 deep breaths. On the third exhalation (breath out), the patient should attempt to cough. When the patient attempts to cough, you do a quick, thorough and upward push at the same time. Repeat this step until the blockage is removed.