primary studies - published RCT

The value of physical therapy with VRP 1-Desitin ("Flutter").

Code: PM1494580 **Year:** 1992 **Date:** 1992 **Author:** Lindemann H

Study design (if review, criteria of inclusion for studies)

RCT

Participants

20 patients with cystic fibrosis, aged 7 to 28 years.

Interventions

patients performed physiotherapy with VRP 1 and autogenic drainage (AD), respectively, in a randomized order one after another, each physiotherapy taking twenty minutes.

Outcome measures

The expectorated sputum was weighed by means of a precision balance.

Main results

Mean values during VRP 1 treatment were 5.0 g (range 0 to 12.0 g), during AD 4.8 g (range 0 to 11.7 g). There was no statistical difference (p

Authors' conclusions

VRP 1 physiotherapy is as effective as AD with respect to sputum elimination. In opposite to other methods not requiring a helping person it is simple to teach and to learn. It may be performed by young children (> or = 3 years) and adults, also in combination with inhalation. Thus, VRP 1 appears to be a real enrichment in physiotherapy.

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/866/CN-00253866/frame.html

See also

Pneumologie. 1992 Dec;46(12):626-30.

Keywords

Adolescent; Adult; Airway clearance technique; Child; flutter; non pharmacological intervention - devices OR physiotherapy; oscillating devices; Chest physiotherapy; Autogenic drainage;