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*primary studies - published, non RCT*

## **Effect of exercise and physiotherapy in aiding sputum expectoration in adults with cystic fibrosis.**

**Code:** PM2617441

**Year:** 1989 **Date:** 1989

**Author:** Salh W

### **Participants**

1st study: 19 adult CF patients (12 patients completing the study); 2nd study: 10 CF patients

### **Interventions**

1st study: two month programme of home exercise using a cycle ergometer; 2nd study: physiotherapy or exercise

### **Outcome measures**

peak work capacity, maximum oxygen consumption, maximum minute ventilation, sputum weight

### **Main results**

in the 1st study peak work capacity, maximum oxygen consumption, and maximum minute ventilation had increased significantly by the end of the exercise programme; the increase in daily sputum weight (from 24 to 37 g) was not significant ( $p = 0.055$ ). In the second study more sputum was expectorated during and after physiotherapy than during and after exercise (9.8 v 4.0 g).

### **Authors' conclusions**

Exercise may have a role in aiding sputum expectoration in patients with cystic fibrosis but should not be considered as a replacement of physiotherapy.

<http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/117/CN-00208117/frame.html>

### **See also**

Thorax YR: 1989 VL: 44 DE: CCT NO: 12

### **Keywords**

Adult; exercise; non pharmacological intervention - devices OR physiotherapy; Home; cycle ergometer; Training; Chest physiotherapy;