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;