

Other Reviews - - Other Review

## **[Impact of physical exercise in cystic fibrosis patients: A systematic review].**

**Code:** PM27209116

**Year:** 2016 **Date:** 2016

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

Systematic review

### **Participants**

Studies about effects of physical exercise in patients with chronic obstructive pulmonary disease.

### **Interventions**

Physical exercise

### **Outcome measures**

Lung function, exercise capacity and quality of life

### **Main results**

A total of 17 studies were identified. A great disparity was found in the results of the different studies. No systematic benefit was found on lung function, exercise capacity or quality of life. No relationship between the type of program and the benefits achieved was observed.

### **Authors' conclusions**

Evidence that physical exercise benefits lung function, exercise capacity and quality of life in cystic fibrosis patient is inconsistent and evidence does not support a particular standardized program for all patients.

<http://dx.doi.org/10.1016/j.rmr.2015.08.006>

### **See also**

Rev Mal Respir. 2016 Sep;33(7):573-82. doi: 10.1016/j.rmr.2015.08.006. Epub 2016 May 18.

### **Keywords**

exercise; non pharmacological intervention - devices OR physiotherapy; training; Combined Modality Therapy; Aerobic training; Chest physiotherapy; strength training;