primary studies - published RCT

The clinical effects of combining postural exercises with chest physiotherapy in cystic fibrosis: A single-blind, randomized-controlled trial.

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

Single-blind, randomized-controlled trial

Participants

19 pediatric CF patients (11 males, 8 females; mean age: 9.36 years; range, 6 to 14 years)

Interventions

Postural exercises as an adjunct to chest physiotherapy program. Patients were randomly allocated to chest physiotherapy and postural exercise program (Group 1, n=10) or chest physiotherapy program alone (Group 2, n=9)

Outcome measures

Respiratory functions were assessed with pulmonary function tests, whereas exercise tolerance with the Modified Shuttle Test (MST), quality of life with the Cystic Fibrosis Questionnaire-Revised Child Version (CFQR), and postural stability with the Limits of Stability Test (LOS). All tests were performed before treatment and six weeks, three months, and six months after treatment.

Main results

Respiratory functions were improved in both groups; however, these changes were not statistically significant. The MST increased after treatment in both groups (p

Authors' conclusions

The postural exercise program in addition to chest physiotherapy in pediatric CF patients whose postural changes were not taken place did not cause significant changes in respiratory function, exercise tolerance, and postural stability; however, it affected the emotional state well and improved the compliance with the treatment.

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See also

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Keywords

Adolescent; Adult; Airway clearance technique; Drainage; exercise; non pharmacological intervention - devices OR physiotherapy; pharmacological_intervention; Postural Drainage; percussion; Chest physiotherapy; forced expiration technique; Active Cycle of Breathing Technique -ACBT-;