primary studies - published RCT

Improved pulmonary function and exercise tolerance with inspiratory muscle conditioning in children with cystic fibrosis.

Code: PM8222813 **Year:** 1993 **Date:** 1993 **Author:** Sawyer EH

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

Parallel design over 10 weeks

Participants

Sham: n = 10, mean (SD) age = 9.76(2.57) Exprimental: n = 10, mean (SD) age = 11.46(2.45)

Interventions

Control: IMT at 10% PImax

Outcome measures

FEV1, VC, FRC, IC, RV, TLC, RV/TLC, FEV1/FVC, MVV, Exercise Time.

Main results

Findings indicated that the experimental group showed significant increases in inspiratory muscle strength, vital capacity, total lung capacity, and exercise tolerance in comparison to the control group.

http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/853/CN-00601853/frame.html

See also

Chest YR: 1993 VL: 104 DE: RCT NO: 5

Keywords

Child; exercise; inspiratory muscle training; non pharmacological intervention - devices OR physiotherapy; Chest physiotherapy;