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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) Experimental: n = 10, mean (SD) age = 11.46(2.45)

### Interventions

Control: IMT at 10% P<sub>Imax</sub>

### Outcome measures

FEV<sub>1</sub>, VC, FRC, IC, RV, TLC, RV/TLC, FEV<sub>1</sub>/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;