

Effect of Respiratory Muscle Stretch Gymnastics on Exercise Capacity in Elderly People: A Randomized Control Trial

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ABSTRACT

Introduction: Ageing is associated with structural degeneration and functional limitations in respiratory system leading to reduction in exercise capacity. Respiratory muscle stretch gymnastics (RMSG) is used to improve function of lungs and respiratory muscles with some success in various populations.

Method: Eighty four individuals in age group of 60-70 years were randomly allocated to experimental and control group. Individuals in experimental group were put on four weeks long RMSG supervised program. Distance covered in incremental shuttle walk test, maximal inspiratory pressures and quality of life were the outcome measures for the study.

Results: There was an improvement in distance covered in incremental shuttle walk test, maximal inspiratory pressure and scores of WHO quality of life questionnaire of subjects in experimental group ($P < 0.05$) as compared to control group.

Conclusion: Prescription of RMSG for four weeks was beneficial in improving exercise performance and quality of life in elderly individuals.

Keywords: Respiratory muscle stretch gymnastics, Elderly, Exercise capacity

