

Effect of Resistance Exercises versus Aerobic Exercises on Exercise Performance and Pulmonary Function in Adult Chronic Smokers: A Comparative Study

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ABSTRACT

Introduction: Cigarette smoking is the major cause of premature death. It accounts for 28% of all cardio vascular diseases and 40% of respiratory diseases as it is associated with impaired pulmonary function. Exercise is an effective and low cost of treatment which can promote good health of a smoker. Research indicates that individuals who maintain an exercise program are more likely to give up smoking than those who quit exercising.

Methodology: 150 subjects were included in the study and divided into two groups Group A (resistance exercises) and Group B(Walking). The exercises protocol was given for six weeks. pre post PEFr and VO₂ max was calculated.

Results: both the groups showed improvement post intervention ($p < 0.05$) whereas resistance group showed better improvement than the walking group($p < 0.05$).

Conclusion: Aerobic and Resistance exercises both showed significant improvement in PEFr and VO₂ max in smokers, however the resistance exercises showed better improvement in the cardiovascular and pulmonary function.

Keywords: Smoking, Aerobic exercises, Resistance exercises, Theraband

