

Effects of an upper-limb exercise program for improving muscular strength and range of movement on respiratory function of stroke patients

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Setting the scene

This study aims to investigate the effects of upper-limb exercises on the respiratory functions of stroke patients.

What did they do?

This study was performed with 25 stroke patients. The subjects were divided into the control group (n=12) which did not perform upper arm training and the experimental group (n=13) which conducted upper arm training. Forced vital capacity and forced expiratory volume in the first second, both of which are used in this study, are well-known indicators of respiratory capabilities. Peak cough flow is used to indicate cough capability.

Takeaway home message

The results of the study indicate that exercise programs that increase the mobility of upper limbs and increase muscular strength have the effect of normalizing vertebral alignment for stroke patients, and thus can provide effective interventions for improving respiratory function.