Immediate effect of manual therapy (MT) on respiratory functions and inspiratory muscle strength in patients with chronic obstructive pulmonary disease (COPD)


**Setting the scene:**
The objective of this study was to investigate the immediate effect of manual therapy (MT) on respiratory functions and inspiratory muscle strength in patients with COPD.

**What did they do?**
30 patients with severe COPD (8 females and 22 males) participated in a single session of (MT) including sub-occipital decompression, gliding of the cervical vertebral articulations in the anterior/posterior direction, myofascial release of sternocleidomastoid and trapezius muscles, gliding of the sternoclavicular joint in the anterior/posterior direction, myofascial release of the intercostal and paravertebral muscles, diaphragmatic release, rib raising, mobilization of scapulothoracic joint and gliding of the thoracic vertebral articulations in the anterior/posterior direction. Patients were assessed pre and post session using lung function test, electronic pressure transducer, pulse oximeter, and Borg rating of perceived exertion scale score.

**Takeaway message:**
A single MT session immediately improved pulmonary function, inspiratory muscle strength, and oxygen saturation and reduced dyspnea, fatigue, and heart and respiratory rates in patients with severe COPD. MT should be added to pulmonary rehabilitation treatment as a new alternative that is fast acting and motivating in patients with COPD.