The effectiveness of physiotherapy in patients with asthma: A systematic review of the literature
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Setting the scene:
This review investigates the effectiveness of physiotherapy in the treatment of patients with asthma.

What did they do?
A review was performed on the terms breathing exercises (BE), inspiratory muscle training (IMT), physical training (PhT) and airway clearance (AC) in patients with asthma. The search resulted in 237 potentially relevant articles, after exclusion 23 articles remained. BE ($n = 9$) may improve disease specific quality of life (QoL), reduce symptoms, hyperventilation, anxiety and depression, lower respiratory rate and medication use. IMT ($n = 3$) can improve inspiratory pressure and may reduce medication use and symptoms. PhT ($n = 12$) can reduce symptoms, improve QoL and improve cardiopulmonary endurance and fitness.

Takeaway message:
In conclusion, physiotherapy may improve QoL, cardiopulmonary fitness and inspiratory pressure and reduce symptoms and medication use. Further studies, investigating combinations of techniques, are needed to confirm these findings.