

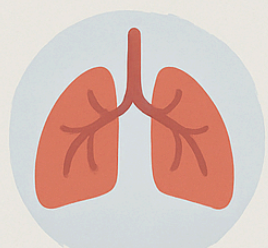
Graphical Abstract

Comparative Effects of Inspiratory Muscle Training vs Expiratory Muscle Training Along with Aerobic Interval Training on Functional Performance and Fatigue Level in COPD Patients

AUTHORS

Malik MAR, Iftikhar S, Sarwar S, Khalid M, Munir K, Khan U

BACKGROUND



of IMT vs. EMT in COPD patients

Limited evidence on different impact of COPD

OBJECTIVE



Compare IMT + AIT vs. EMT + AIT on functional performance and fatigue severity

METHOD



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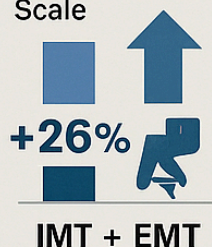
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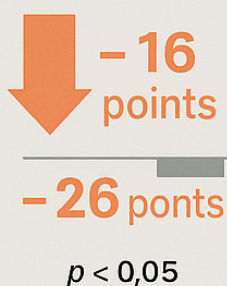
RANDOMIZED TRIAL

RESULTS

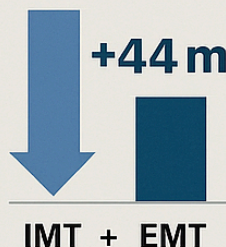
Karnofsky Performance Scale



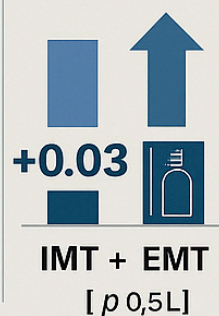
Change in fatigue score



6-minute walk test improv.



FEV



CONCLUSION

EMT + AIT superior to IMT + AIT in improving functional capacity, reducing fatigue, and enhancing pulmonary function