

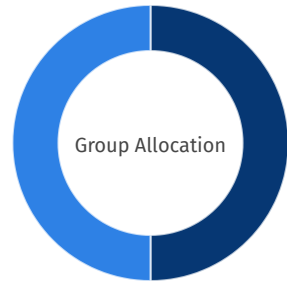
# IMT and Pilates for Asthma

D Alamgir, A Saeed, M Khalid,  
S Mureed, K Saleem, A Ali, S Faisal



## Overview

Asthma affects respiratory function and quality of life. New approaches are needed.



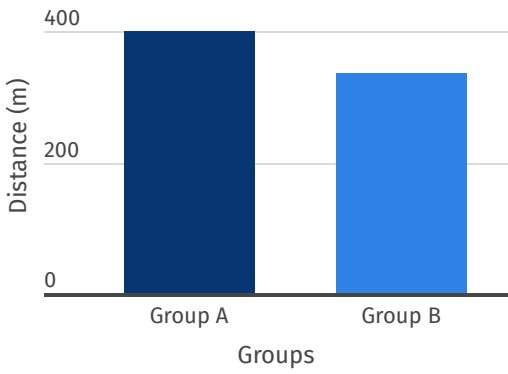
## Study Groups

Participants were randomly assigned to IMT + Pilates or IMT only.



## Methods

52 stable asthma patients underwent a 6-week intervention with thrice weekly sessions.



## Results

Group A showed significantly enhanced 6MWT distances post intervention.



## Symptoms

Post-intervention symptom scores improved significantly in Group A participants.



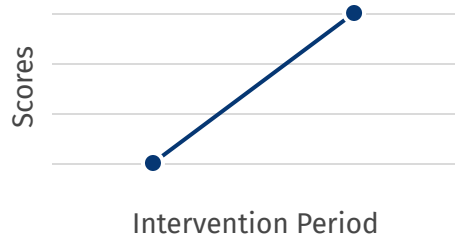
## Quality of Life

Quality of life metrics were higher in IMT + Pilates group compared to IMT alone.



## Comparison

Group A showed superior improvements in all measured outcomes over Group B.



● Outcome Comparison



## Conclusion

Integrating Pilates with traditional IMT offers significant advantages in managing asthma, enhancing respiratory function, fitness, and life quality, pointing to new rehabilitation strategies.

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## Graphical Abstract