



## 2. Materials and Methods

**Study Design:** Experimental study (Before and after with control), one time study.

**Sample Design:** Random sampling

**Sample Size:** 30 patients

**Study Setting:** General Hospital, Ahmedabad

### Selection Criteria

- Inclusion Criteria:-Patients diagnosed as having COPD by the physician. The diagnosis was confirmed by COPD questionnaire, Patients with COPD with restrictive impairment (VC<80%), Age: >40yrs, Sex: male.
- Exclusion Criteria: Patients with unstable vital parameters, Those who have active lung infection, Patients with congenital heart disease, ischemic heart disease, rheumatic heart disease, Patients who have recently taken bronchodilator drugs, Patients with continuous Oxygen therapy, Patients with artificial ventilation.

**Materials:** Assessment format, COPD Questionnaire, Cloth Measure tape, Stethoscope, Pencil, Pulmonary Function Test

**Table 1:** Difference in means of Age

Group A	55.47±5.06
Group B	57.47±8.22

Y - Mean ± SD

### Outcome Measures

Chest Expansion Value<sup>16</sup>: Measurement of thoracic excursion with a cloth tape measure held around the circumference patients' chests at two levels. Upper thoracic excursion measurements were taken at the level of the 7th thoracic spinous process and the 4th intercostal space at the midclavicular line. Lower thoracic excursion measurements were taken at the level of the 10th thoracic spinous process and the xiphoid process.

### Procedure

30 patients were randomly selected according to inclusion criteria. PFT of all these patients were done. These patients were divided randomly into two groups (15 in each group), one group was experimental and other was control group.

Group A: Chest mobilization and Breathing exercise

Group B: Breathing exercise only

Chest expansion values were measured before and after giving chest mobilization technique. 3 Repetitions of each maneuver was done.

### Chest Mobilization tech. are<sup>10</sup>:



**Figure 1:** Rib rotation



**Figure 2:** Chest wall rotation



**Figure 3:** Lateral flexion of chest wall



**Figure 4:** Chest wall extension



**Figure 5:** Pectoralis major muscle stretching

## 3. Statistical Analysis

Statistical analysis was done using Graph Pad InStat 3 version software for windows. Parametric paired test was applied for within group comparison. And unpaired t test was applied for comparison between the groups. P value less than 0.05 was considered as significant for all measurements.

## 4. Result

**Table 2:** Difference in means of chest expansion values (3<sup>rd</sup> IC SPACE):

	Before	After	t-value	p value
Group A <sup>Y</sup>	2.77±1.15	3.73±1.07	8.47	<0.0001
Group B <sup>Y</sup>	2.73±0.98	2.80±1.10	1.47	>0.05

<sup>Y</sup> - Mean ± SD

**Table 3:** Difference in means of chest expansion values (XIPHOID PROCESS):

	Before	After	t-value	p value
Group A <sup>Y</sup>	2.70±0.86	4.10±1.02	9.46	<0.0001
Group B <sup>Y</sup>	2.87±1.26	2.93±1.28	1.47	>0.05

<sup>Y</sup> - Mean ± SD

**Table 4:** The mean of differences of outcome measures between the groups

	Chest Expansion	
	3 <sup>rd</sup> IC Space	XIPHOID Process
Group A <sup>Y</sup>	1±0.42	1.4±0.57
Group B <sup>Y</sup>	0.07±0.18	0.07±0.17

<sup>Y</sup> - Mean ± SD

The Chest Expansion Value (3<sup>rd</sup> IC SPACE) mean of differences shows significant difference between the groups. (t= 7.9, P<0.0001).

The Chest Expansion Value (XIPHOID PROCESS) mean of differences shows significant difference between the groups. (t= 8.61, P<0.0001)

## 5. Discussion

Though COPD is obstructive type of pulmonary disease, as disease progresses, there is stiffening of chest wall which gives restrictive pattern to the diseased lung. If this little but important thing is missed in the rehabilitation of COPD patient then it can hamper the progress of rehabilitation as this restriction alters other physiology of lungs and chest wall and it doesn't allow other rehabilitation protocols to work in improving the condition of the patient.

Minoguchi H, Shibuya M, et al. in 2002, in their study "Cross over comparison between Respiratory muscle stretch Gymnastics and inspiratory training" had concluded that RMSG may have clinically significant benefits, which may be somewhat different from the benefits of IMT, in patients with COPD.<sup>17</sup>

Kriel, Achmat (2005) had done study "An investigation into the immediate effect of rib mobilization and sham laser application on chest wall expansion and lung function in healthy asymptomatic males" and concluded that there is significant improvement in lung function.<sup>18</sup>

Leelarungrayub D, Pothongsunun P et al. (2009) in their study "Acute clinical benefits of chest wall-stretching exercise on expired tidal volume, dyspnea and chest expansion in a patient with chronic obstructive pulmonary disease: a single case study" and got beneficial effects.<sup>19</sup>

Putt MT, Watson M et al. in 2008, in their study on "Muscle stretching tech. increases Vital capacity and range of motion

in patients with COPD" had concluded that the hold and relax technique to the pectoralis major compared with the sham technique produced significant effects on VC and upper-limb range of motion. There was no significant effect on Axillary Chest Expansion, Xiphisternum Chest Expansion, perceived dyspnea, or respiratory rate. There was no order effect for either technique.<sup>12</sup>

T.Shioya, M.Satake, et al. in 2007, in their study "Combination of chest wall mobilization and respiratory muscle training in comprehensive out patient pulmonary rehabilitation improves pulmonary function in patients with COPD" had concluded that combination of chest wall mobilization by squeezing technique, Respiratory Muscle Training and Respiratory muscle stretch Gymnastics in outpatient Pulmonary Rehabilitation improve pulmonary function, exercise capacity and Health Related Quality Of Life in patients with stable COPD.<sup>15</sup>

Above studies suggest that chest mobilization can even affects the patient's Quality of life so using of this technique can give a better life to the patient.

The study has certain limitations like it was done on male patients only so future study can be done with taking female patients also in the study so result of this study generalized. The major limiting factor in present study was smaller sample size. So future study can be done by taking a large sample size. This was a one time study and no further follow up was taken so could not assess the long term effect of aerobic exercise on hypertension.

## 6. Conclusion

It can be concluded from the present study that Chest Wall mobilization has significant effect Chest expansion values in COPD patient who is having restrictive impairment of chest wall in later stage of disease. Chest Mobilization is the definite tool for the improving condition of the patient of COPD with restrictive impairment of chest wall. So it should be included as a part of management in the patient of COPD with other exercise treatment program.

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## Author Profile



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