Article no. 245; DOI: 10.18376//2015/v11i2/67713

## The Immediate Effect of Chest Mobilization Technique on Dyspnea in Patients of COPD with Restrictive Impairment

## Parmar Dharmesh

Article Authorship & Affiliation Details	Abstract
Communication Date: July, 15, 2015	Objective of study: to relieve dyspnea in patients of
Acceptance Date: July. 30, 2015	COPD with restrictive impairment by chest
DOI: 10.18376//2015/V1112/67713	mobilization technique. Background: COPD is a
	primary lung disease but as it advances, there is
Parmar Dharmesh,	restriction in chest wall mobility which decreases
Govt. Physiotherapy College, Civil	pulmonary functions and vital capacity of lung. So
Hospital, Ahmedabad, Gujarat,	purpose of this study is to assess the immediate effect of
India	chest mobilization on relieving dyspnea by improving
EMAIL:	the oxygen saturation. Materials and Methods: an
dharmesh_parmar62@yahoo.in	experimental study was conducted on 30 COPD patients
	having vital capacity <80%, to assess the pre and post
	differences in modified Borg scale by applying chest
Key Words: Chest Mobilization, COPD,	mobilization technique: rib rotation; lateral flexion,
Dyspnea, Modified Borg Score.	extension, rotation of chest wall and pectoralis major
	stretching. Results: for within group analysis,
TO CITE THIS ARTICLE: Parmar	comparison of data for modified Borg score was done
Dharmesh. The immediate effect of	using Wilcoxon sign rank test, and for between groups
chest mobilization technique on dyspnea	analysis was done using Mann Whitney U test.
in patients of COPD with restrictive	Statistical analysis showed significant change in
impairment [Online]. Journal Of	modified Borg score after application of chest
Exercise Science And Physiotherapy,	mobilization technique. Conclusion: it can be concluded
Vol. 11, No. 2, June 2015: 134-141.	from this study that chest wall mobilization has
, ,	significant effect on dyspnea in COPD patients who are
	having restrictive impairment of chest wall in later stage
	of disease.

## Introduction

The term Chronic Obstructive Pulmonary Disease (COPD) refers to chronic disorder that disturbs airflow. COPD is a major cause of morbidity and mortality in INDIA (*Singh et al, 2003*). COPD is a preventable and treatable disease with some significant extrapulmonary effects that may contribute to the severity in individual patients. Its pulmonary component is characterized by airflow limitation that is not fully reversible. The airflow limitation is usually progressive and associated with an abnormal inflammatory response of the lung to noxious particles or gases (Goldcopd, 2014). The common task force

Journal of Exercise Science & Physiotherapy is indexed with Citefactor, Researchbible, Medind, Hinari, Innospace, Informit, Google Scholar, Academic Keys, wordCat, J-Gate, Jour Informatics, GIF, Directory of Science (Impact Value 19.79), Indianscience.in, ICMJE, Infobase Index (IBI factor 3.4). Electronic Journals Library, University Library of Regensburg, International Scientific Indexing (ISI), SIS, International Impact Factor Service, MIAR, DRJI, Advanced Sciences Inerdex (ASI) Germany (Impact factor 0.8), Jifactor (Impact Factor 0.5), Open Academic Journals Index, Sjournals Index, Index Copnicus, http://www.sherpa.ac.uk/romeo/ as Romeo blue journal. Digital archiving finalised with Portico.