

## Compare the Effect of Respiratory PNF and Chest Wall Mobilization in COPD Patients

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### Abstract

**Aim:** To see the combined effect of respiratory PNF and chest wall mobilizations in COPD patients on chest expansion and FEV<sub>1</sub>/FVC ratio. **Materials and Methods:** This study included 30 patients of COPD between the age of 40 to 50 they are divided into two Groups . Group A (n=15) received Respiratory PNF with Diaphragmatic breathing exercise and Group B (n=15) received Chest wall mobilization with Diaphragmatic breathing exercise. The outcome measures was FEV<sub>1</sub> / FVC Ratio and Chest Expansion measurement. **Results:** There is significant difference in the mean values in group A and group B. Both group shows improvement in outcome measures of FEV<sub>1</sub>/FVC and Chest expansion. But group A shows better improvement in chest expansion after 6 weeks. **Conclusion:** The present studies suggest that the techniques used in patients with COPD were significantly improved pulmonary function and chest expansion. Respiratory PNF and chest wall mobilization play a significant role to improve FEV<sub>1</sub>/FVC ratio in patients with COPD and respiratory PNF is more effective than chest wall mobilization

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### Introduction

Chronic obstructive pulmonary disease (COPD) is a type of obstructive lung disease characterized by chronically poor airflow. It typically worsens over time. The main symptoms include shortness of breath, cough and sputum production (Vestbo 2013). COPD is an ill-defined term that is often applied to patients who have a combination of chronic bronchitis and emphysema which frequently occur together (and may also include asthma). In majority of cases, Chronic bronchitis is the major