Effect of Aerobic Exercise training on Pulmonary Activity in Asthmatic Patients

ahmad ebrahimi atri 1 ahsaneh taghyadexh naderi 2
1 ferdowsi university of mashhad
2 education organization of khorasan state

Address
vakil abad bolvar, 91775-1574, mashhad

ABSTRACT:
The aim of present study was to examine the effects of a course of aerobic activity in asthmatic patients.

Among the asthmatic patients, 36 patients (M=16, F=20) were chosen after prick test (SPT) for aerosol allergen and a six minute walk test (6MWT) on their Induced Asthma (EIA) when he/she fulfilled the following criteria: (1) FEV\textsubscript{1} < 1 short-acting \beta\textsubscript{2} agonist prescription and (3) 15% decrease in FEV\textsubscript{1} or PEF after.

The patients were randomly put into two groups of case (M=8, F=10, Mear Case group participated in eight-week aerobic exercise plan, while control tests were done before and after the course of exercise.

There were significant changes in FEV\textsubscript{1}, FVC, PEF, FEF\textsubscript{25-75%}, MVV, RF at (P<0.05), but FEV1/FVC showed no significant change. Mean of changes in were −25.56, −17.19, 32.09, −27.93, −22.18, 5.63 and −307.5 in case group 15.56, −2.87 and 18.78 in the control group.

This study shows aerobic exercises in asthmatic patients lead to improvement rehabilitation can be a complement to medical treatment of asthma.

Key Words: Aerobic Exercise, Asthma, Pulmonary Function Test and Skin Pr


6/28/2007