

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

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Abstract: Background: Chronic Obstructive Pulmonary Disease (COPD) is a primary lung disease but as it advances, there is restriction in chest wall mobility which decreases pulmonary functions and vital capacity of lung. So purpose of this study is to assess the immediate effect of Chest Mobilization (CM) on improving the Chest Expansion (CE). Objective Of Study: To improve Chest Expansion in patients of COPD with restrictive impairment by chest mobilization technique. Method: An Experimental study was conducted on 30 COPD patients having vital capacity <80%, to assess the pre and post differences in Modified Chest expansion by applying chest mobilization techniques - Rib rotation, Chest wall rotation, Lateral flexion of chest wall, Chest wall extension and Pectoralis major muscle stretching. Result: For within group analysis, comparison of data for Chest Expansion value were done using paired t test. And for between groups analysis, comparison of data for Chest Expansion value were done using unpaired t test. Statistical analysis showed that there was significant improvement in Chest Expansion after application of chest mobilization technique. Conclusion: It can be concluded from the present study that Chest Wall mobilization has significant effect on Chest expansion in COPD patients who are having restrictive impairment of chest wall in later stage of disease.

Keywords: Chest mobilization, COPD, Chest expansion, Cloth tape measurement

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