

Impact of blowpipe training on cough efficiency in neuromuscular patients : a prospective evaluation

Cough impairment is a major cause risk of respiratory complication in neuromuscular disorders. Very little information is available on the training of expiratory muscles and its ability to improve cough efficiency. Moreover, finding a recreational training activity may improve long term compliance to training program. We propose to evaluate the impact of a blowpipe training on the expiratory muscle strength and cough efficiency of neuromuscular patients with a severe cough impairment.

Neuromuscular patients hospitalized for a rehabilitation program and with a severely decreased peak cough flow will be proposed a 6 training weeks program with an initial and final respiratory function evaluation to evaluate whether blowpipe training improves significantly expiratory pulmonary function and cough efficiency.