

Physical Therapy Department of Surgery

**Master Degree
1997**

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Title	:	Incentive spirometry versus resisted breathing exercises on vital capacity after upper abdominal surgery.
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Abstract	:	
<p>Forty five patients participated in this work , their age ranged between 30 to50 years , They were divided randomly into two groups, Control group (15 patients) received traditional chest physiotherapy program , Incentive spirometry group (15 patients) received incentive spirometry training by usig triflow device , Resisted breathing exercise group (15 patients) received graded resistance though sand bags . The vital capacity was measured three times (48 h preoperative , 24 h postoperative , and 7 days postoperative) . The result of this work show a significant decrease in vi talcapacity after 2h po 4stupper abdominal surgery and a significant increase in vital capacity after applying the resisted breathing exercise program and incentive spirometry training for seven days postoperatively . Suggesting that resisted breathing exercise program and incentive spirometry training play an important role in improving chest expansion and mobility in patients who have had upper abdominal surgery.</p>		
Key words	1.	pcentive spirometry.
	2.	breathing exercises.
	3.	vital capacity.
	4.	abdominal operations.
	5.	surgery – abdomine.
	6.	Exercises.
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