INSPIRATORY MUSCLE TRAINING IN CARDIAC REHABILITATION

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This session will focus on inspiratory muscle training (IMT) as a complementary strategy within cardiovascular rehabilitation programs, particularly for patients with heart failure. We will cover: 1) The physiological basis of IMT and its effects on the diaphragm and accessory respiratory muscles. 2) Assessment tools, primarily maximal inspiratory pressure (MIP), and their clinical relevance. 3) Current evidence, highlighting the impact of IMT on functional capacity, dyspnea, quality of life, and ventilatory efficiency. 4) Treatment protocols, including commonly used devices, training intensity, duration, and progression. 5) Clinical applications in heart failure (especially HFrEF), post-cardiac surgery recovery, and in patients with respiratory comorbidities. The session will conclude with examples of how to integrate IMT into comprehensive cardiac rehab programs and a brief discussion.

Keywords: Inspiratory muscle training, rehabilitation

References

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