

Benefits of Respiratory Muscle Strength Training

BENEFITS OF RMST:

- Strengthens:
 - Inspiratory muscles: diaphragm, external intercostals, accessory muscles of neck.
 - Expiratory muscles: internal intercostals, abdominals.
- Promotes diaphragmatic breathing.
- Generates improved airflow through vocal folds.
- Reduces shortness of breath.
- Improves blood flow to resting and exercising limbs
- Helps in movement of hyolaryngeal complex.
- Improves respiratory support for safe swallow function.
- Improves protective cough and assists in airway clearance.
- Can help retain muscle loss and function in the future if started early enough

CONDITIONS SUPPORTED BY RMT:

- COPD
- STROKE
- ASTHMA
- CONGESTIVE HEART FAILURE
- PARKINSON'S
- MOTOR NEURONE DISEASE/ALS
- MUSCULAR DYSTROPHY
- MULTIPLE SCLEROSIS
- MYASTHENIA GRAVIS
- VOCAL FOLD PATHOLOGIES
- VENTILATOR / TRACH WEANING
- DYSPHAGIA
- SPINAL CORD INJURY
- SLEEP APNEA
- HYPERTENSION