

# Lung Volume Recruitment in Neuromuscular Disease: Can “breath-stacking” improve lung function, respiratory symptoms and quality of life in people with neuromuscular disorders?

<https://neurodegenerationresearch.eu/survey/lung-volume-recruitment-in-neuromuscular-disease-can-breath-stacking-improve-lung-function-respiratory-symptoms-and-quality-of-life-in-people-with-neuromuscular-disorders/>

## **Name of Fellow**

Ms Nicole Sheers

## **Institution Funder**

NHMRC

## **Contact information of fellow Country**

Australia

## **Title of project/programme**

Lung Volume Recruitment in Neuromuscular Disease: Can "breath-stacking" improve lung function, respiratory symptoms and quality of life in people with neuromuscular disorders?

## **Source of funding information**

NHMRC

## **Total sum awarded (Euro)**

€ 72,586

## **Start date of award**

01/01/15

## **Total duration of award in years**

3.0

## **The project/programme is most relevant to:**

Motor neurone diseases

## **Keywords**

physiotherapy | ventilatory support | neuromuscular diseases | respiratory failure | motor neuron disease (mnd)

### **Research Abstract**

Difficulty taking deep breaths or coughing are two of the breathing complications people with a neuromuscular disease can face. Lung volume recruitment, also known as breath-stacking, is a simple and inexpensive therapy that may help. This research will look at the short and medium-term effects of breath-stacking exercises on the breathing system. If lung volume, chest stiffness and cough effectiveness improve then symptoms, quality of life and potentially survival are likely to be better.

### **Types:**

Fellowships

### **Member States:**

Australia

### **Diseases:**

Motor neurone diseases

### **Years:**

2016

### **Database Categories:**

N/A

### **Database Tags:**

N/A