

**Einfluß von Konditionstraining auf pulmonale Parameter bei Patienten mit
Postpoliosyndrom (PPS)**

**Influence of endurance training at pulmonary parameters in patients with
postpoliosyndrome (PPS)**

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Summary

Purpose: Does modified endurance training changes the pulmonary function in patients with Post-Polio Syndrome?

Materials and Methods: 18 patients (13 female and 5 male, age $59 \pm 4,9$ years) with Post-Polio Syndrome trained two times a week for 25 minutes using a cycle. Maximal expiratory volume and oxygen saturation were assessed one month pre-treatment at the beginning of training and during two months training as well as three month follow up.

The significances between the periods were tested by the Wilcoxon-test, the tendency of courses of the parameters by Friedman-test.

Results: There is no reported monthly change in maximal expiratory volume. But during training expiratory volume increased from 2664 to 2981 ml in rest and from 2792 to 2958 ml at the end of the session. The oxygen saturation increased significantly during the training period from 96,3 to 97,2 % until follow up.

Conclusion: Modified training is possible to prevent the progression of loss of pulmonary function in patients with Post-Polio Syndrome.

Key words: postpoliosyndrome – endurance training – pulmonary function