



Effectiveness of Respiratory Exercise and Abdominal Strength Training Programme on Pain and Abdominal Muscle Strength in Post-Operative Patients with Abdominal Surgeries: A Narrative Review of Literature

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Abstract

Abdominal muscle weakness, pain and pulmonary complications are more common after abdominal surgeries. There has been significant research on managing such complications using variety of physiotherapy interventions. This review is intended to narrate the available literature on the effects of respiratory exercise and abdominal muscle strength training on pain and abdominal muscle strength after major abdominal surgeries. A systematic search of online databases was conducted and, based on the reference lists of selected articles, further studies were identified. Twelve articles that met the inclusion criteria were analyzed. Many of the previous studies concluded that respiratory exercise and abdominal muscle strength training after open abdominal surgeries improve abdominal muscle strength and decrease pain. Respiratory functions were also reported to be improved. But recent evidence regarding such effectiveness is insufficient and these aspects need to be explored.

Key-words: Abdominal muscle strength, Laparotomy, Pain, Respiratory exercise, Respiratory functions.

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