

# CPET Guided Rehab vs Physiotherapy in Patients With Dysfunctional Breathing

NCT06707623

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Evangelismos Hospital
Enrollment	78 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Dysfunctional breathing (DB) diagnosed with CPET.
- Adult patients (>18 years of age)
- Able and willing to attend an outpatient multidisciplinary, supervised rehabilitation program of a total duration of two months (8 weeks).
- Able and willing to attend 5 physiotherapy sessions over a period of 9 weeks.
- Sign an informed consent.

### Exclusion (5)

- No underlying pathology explaining dyspnea and DB in CPET (e.g normal dead space to tidal volume ratio (VD/Vt) and normal alveolar-arterial (A-a) gradient.)
- Patients with COPD
- Patients with uncontrolled asthma
- Patients with post-exertional malaise (PEM).
- Patients that cannot attend an outpatient rehabilitation program like suffering from dementia, chronically paralyzed, with paraplegia, multiple injuries, or other serious orthopaedic problems that cause disability or suffer from very serious underlying diseases such as end-stage cancer, and patients with neurological diseases that cause disability, require specialized rehabilitation clinics and special interventions (speech therapy, kinesiotherapy, etc.).

## Locations (1 total)

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Pulmonary Rehabilitation Unit, 1st Department of Critical Care and Pulmonary Services Evangelismos Hospital, Athens, Attica, Greece