

# Inspiratory Muscle Training After Stroke

NCT07276477

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Status	RECRUITING
Phase	Not Applicable
Sponsor	U_ak University
Enrollment	54 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Clinical Diagnosis: A confirmed diagnosis of unilateral hemiplegia or hemiparesis (e.g., secondary to ischemic or hemorrhagic stroke), sustained at least 3 months prior to enrollment.
- Age: Aged between 18 and 80 years.
- Stable Medical Condition: Medically stable, as determined by the treating physician, with no changes in their primary rehabilitation regimen or medication for spasticity/neurological condition in the past 4 weeks.
- Cognitive & Communication Ability: Sufficient cognitive function and language comprehension to understand and follow simple commands and provide informed consent, as assessed by a Mini-Mental State Examination (MMSE) score of e 24 (or a similar validated tool).
- Respiratory Status: Able to perform forced expiratory maneuvers for spirometry and tolerate the breathing training protocols.

### Exclusion (4)

- Pre-existing, significant respiratory diseases (e.g., severe COPD, asthma, pulmonary fibrosis, active lung cancer).
- Unstable cardiovascular conditions (e.g., uncontrolled hypertension, unstable angina, recent myocardial infarction within the past 6 months, congestive heart failure NYHA Class III or IV).
- Inability to achieve a proper seal with the breathing trainer mouthpiece due to facial muscle weakness or other anatomical reasons.
- Inability to commit to the 6-week training and assessment schedule

## Locations (1 total)

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University of Usak, U\_ak, Turkey (Türkiye)