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## CHRONIC OBSTRUCTIVE PULMONARY DISEASE

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**Meta-analysis on the physiological benefits and quality of life of muscle training in patients with chronic obstructive pulmonary disease****Jimenez C Enmanuel, Blanco R Luis, Araya V Gerardo and Solano M Luis**  
National University of Costa Rica, Costa Rica**Introduction:** The existence of important peripheral muscular dysfunction contributes to a very substantial manner to reduce the tolerance to exercise in a patient with chronic obstructive pulmonary disease.**Methods:** This was an exhaustive research on benefits of exercise training for a group of patients, thirteen studies were found (n=351), from these four were excluded studies. The analysis was done using the SPSS v 15.0 and Excel 2007, p<0.05 was considered the significance value.**Results:** The moderating variables that were meta-analysis were present in more than two experimental investigations. In total eight variables were found from which six variables showed significant effects (oxygen consumption, volume minute, heart rate, breathing rate, fatigue, dyspnea, emotional condition, six walking test). Two control groups were compared heart rate and breathing rate had a significant effect in the group that did exercise. Another analysis assessed the type of training: muscle strength, aerobic resistance or combination of both, including body part involved, no significant difference was found. In both comparisons the training type and the body part involved gives a significant effect.**Conclusion:** The types of training should be combined for upper and low limbs.**Biography**

Jimenez C Enmanuel has completed his Master Degree in Integral Health and Human Movement/Emphasis in Graduate Health at the National University of Costa Rica, in addition to completing the course of Cardiopulmonary Rehabilitation phase II in The National University of Costa Rica and performed the certification of pediatric and neonatal critical air transport of the Austrian association of pediatric intensive care.

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