

Table 1) Anthropometric Characteristics of the Subjects at Baseline

	Age (year)	Height (cm)	Weight (Kg)	History of the Disease (Year)
Control	40.57±8.30	154.57±4.60	60.00±10.10	9
Respiratory Muscle Strength Exercises	41.00±7.40	161.50±8.30	68.60±12.60	11
Special Training of Respiratory Muscles	43.50±6.40	154.62±3.60	65.30±14.80	10.5

Table 2) Changes in Respiratory Parameters, Muscle Strength and Respiratory Muscle Strength in Experimental and Control Groups before and after Exercises

Groups	Before Exercises	After Exercises	P Value of T-dependent Test	P Value of Analysis of Variance
Respiratory Parameters FVC (lit.)				
Respiratory Muscle Strength Exercise Group	71.17±11.00	85.50±15.60	0.048	0.016
Respiratory Muscle Specific Exercises Group	71.22±20.50	75.57±18.90	0.267	
Control Group	73.35±12.70	66.18±12.10	0.134	
Respiratory Parameters FEV1 (lit.)				
Respiratory Muscle Strength Exercise Group	60.40±9.80	75.94±5.28	0.01	0.038
Respiratory Muscle Specific Exercise Group	62.80±13.10	70.65±17.10	0.076	
Control Group	67.78±18.90	67.20±19.20	0.9	
Respiratory Index PEF (liters per second)				
Respiratory Muscle Strength Exercise Group	50.83±12.50	71.33±22.00	0.027	0.22
Respiratory Muscle Specific Exercise Group	48.57±15.60	59.03±14.10	0.263	
Control group	54.54±23.50	52.11±17.30	0.836	
Respiratory Parameters FEV1 / FVC				
Respiratory Muscle Strength Exercise Group	85.16±14.70	91.67±18.90	0.169	0.638
Respiratory Muscle Specific Exercise Group	89.72±12.10	93.38±8.90	0.374	
Control Group	90.75±16.10	99.69±15.80	0.035	
Muscle Strength (Kg)				
Respiratory Muscle Strength Exercise Group	23.00±4.70	30.14±4.50	0.0001	0.0001
Respiratory Muscle Specific Exercise Group	22.60±4.80	23.87±4.80	0.356	
Control Group	20.57±4.90	20.14±4.40	0.629	
Respiratory Muscle Strength (ml.)				
Respiratory Muscle Strength Exercise Group	1407.14±32.00	1981.71±402.80	0.003	0.001
Respiratory Muscle Specific Exercise Group	1712.50±248.90	1906.25±295.70	0.035	
Control Group	1264.28±322.30	1135.71±260.90	0.308	