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Physiotherapeutic Interventions and Outcomes Reported in Cystic Fibrosis: A Literature Review

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ABSTRACT

The respiratory and digestive systems are severely impacted by Cystic Fibrosis (CF), a chronic, progressive hereditary disease that impairs lung function and causes recurring lung infections. In order to improve lung function, lessen symptoms, and improve overall Quality of Life (QoL), physiotherapeutic treatment options are essential in the management of CF, especially in children. The several physiotherapy approaches utilised in the treatment of paediatric CF are examined in this article, including breathing exercises, exercise therapy, and airway clearing procedures. We evaluate how effectively these treatments work to enhance pulmonary function, lessen exacerbations, and foster mental and physical well. Research indicates that frequent Airway Clearing Treatments, including mechanical devices, postural drainage, and chest percussion, as well as organised exercise regimens, are critical for enhancing lung health and lowering hospitalisation rates. Additionally, it has been shown that breathing exercises can improve respiratory efficiency. Notwithstanding the favorable results, there are still several issues with accessibility, tailored care, and therapeutic adherence. To improve physiotherapy techniques, investigate new technology, and assess long-term results, further research is required. In summary, physiotherapy is essential to the multidisciplinary treatment of children with CF, increasing long-term disease management and promoting physical and mental wellbeing.

Keywords: Exercise therapy, Percussion, Physiotherapy techniques, Postural drainage.