Abstract

The current research study was designed to assess the potential of utilizing harmonica playing as a form of inspiratory muscle training (IMT), and its effects on breathing efficiency and perceived dyspnea, as well as the quality of life of patients with Chronic Obstructive Pulmonary Disease (COPD) currently enrolled in a comprehensive Cardiopulmonary Rehabilitation program. This was accomplished through the comparison of two types of inspiratory muscle training techniques: incentive spirometry via a Voldyne and harmonica playing.

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