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Expiratory Muscle Strength Training

National Cancer Institute

Source

National Cancer Institute. *Expiratory Muscle Strength Training*. NCI Thesaurus. Code C125716.

High-intensity, low-repetition expiratory exercises designed to promote strength in the expiratory muscles. Expiratory muscle strength training typically uses a pressure threshold device with a regimented treatment protocol. This treatment may benefit individuals with spinal cord injury, chronic obstructive pulmonary disease, multiple sclerosis, Parkinson's disease, voice disorders, and the sedentary elderly.