

Special Issue

Respiratory Rehabilitation: Current Perspectives and Future Challenges

Message from the Guest Editors

The aging of the global population and increased exposure to risk factors make chronic respiratory diseases a serious global public health problem. Dyspnea, airway obstruction, activity intolerance, and reduced quality of life are frequent manifestations in people with chronic respiratory disease. Physical activity and physical exercise are fundamental to the respiratory rehabilitation of people with chronic respiratory disease, as they allow the improvement of muscular function in people with exercise intolerance, dyspnea/fatigue, or limitations preventing them from carrying out life activities, thus contributing to improving the quality of life. In this sense, respiratory rehabilitation is essential, as its objectives are the control and treatment of symptoms as well as effective adherence to a therapeutic regimen, leading to improvements in the effectiveness of interventions, quality of life, and overall health.

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