

Changes in respiratory muscle strength following cardiac rehabilitation predict clinical events

Setting



Heart failure
456 patients



5-month
Cardiac rehabilitation

Findings



- Maximal inspiratory pressure (PI_{max})

8.1 cmH₂O (median) ↑

- Positive changes in PI_{max} per **10** cmH₂O

All-cause clinical events: **23%** ↓*

Cardiovascular events: **28%** ↓*

*Adjusted for clinical confounders

