

SUPPLEMENTARY DIGITAL MATERIAL 6

Supplementary Table III.—Baseline characteristics of GOLD-4 COPD subjects in both groups.

Variables	Study intervention (N = 12)	control intervention (N = 10)	<i>P</i>
6-minute walking distance (m) *	413.30 ± 58.04	419.53 ± 62.68	0.811
mMRC			
mMRC grade1 N (%) †	5(41.67%)	2(20.00%)	0.604
mMRC grade2 N (%) †	4(33.33%)	6(60.00%)	
mMRC grade3 N (%) †	3(25.00%)	2(20.00%)	
Spirometry			
FEV ₁ (L) *	0.83 ± 0.13	0.75 ± 0.12	0.155
FEV ₁ %predicted (%) ‡	26.40 (25.60, 28.60)	23.48 (21.30, 29.20)	0.156
FVC (L) *	2.29 ± 0.47	2.01 ± 0.31	0.121
FEV ₁ / FVC (%) ‡	37.15 (31.30, 42.02)	38.98 (31.59, 44.56)	0.727
Maxima ventilation volume (L / min) *	33.35 ± 6.54	30.17 ± 4.25	0.277
Peak expiratory flow (L / s) *	2.64 ± 0.61	2.91 ± 0.89	0.401
PaCO ₂ (mmHg) ‡	42.30 (39.50, 44.45)	41.85 (35.20, 44.50)	0.757
PaO ₂ (mmHg) ‡	71.35 (67.70, 75.50)	78.90 (73.00, 84.50)	0.099
Diaphragm motion in quiet	2.09 ± 0.74	2.43 ± 0.84	0.322

breathing (cm) *			
Diaphragm motion in deep breathing (cm) *	4.98 ± 1.21	4.65 ± 0.65	0.441

Data are reported as the mean ± standard deviation, or median (25th centile, 75th centile) unless stated otherwise; * Independent T-Test or ‡ Wilkison rank test for non-normally distributed data or † Chi- Squared test was used to compare groups.

Abbreviations: FEV₁ = forced expiratory volume in 1 second; FVC = forced vital capacity; mMRC = modified Medical Research Council;, Lower scores indicate fewer symptoms; PaCO₂ = partial pressure of carbon dioxide; PaO₂ = partial pressure of oxygen.