8: METHODS AND METHODOLOGY

8.1: EXCLUSION AND INCLUSION CRITERIA:

8.1.1: Inclusion criteria:

• Subjects willing to participate in the study after understanding all the procedural aspects.
• Age between 40-80 years.
• Patients with C.O.P.D as diagnosed by Chest Physician.

8.1.2: Exclusion criteria:

• Subjects who had acute attack of dyspnoea or any respiratory infection within last 3-4 weeks.
• Subjects who did regular exercise.
• SpO₂ is lower than 85%.
• Subjects who were not able to perform spirometric maneuvers.