

Table 2: A comparison of cardiorespiratory performance in patients with chronic kidney disease among exercise and sham groups

| | Prototype (n=22) | | Change | t(21) | 95% CI |
|--------------------------|------------------|---------------|---------------|-------|---------------|
| | Post-test | Pre-test | (mean ± SD) | | |
| MIP (cmH ₂ O) | 82.55±29.63 | 68.32±27.85 | 14.23±3.41*** | 4.172 | 7.13 to 21.32 |
| MEP (cmH ₂ O) | 83.05±33.02 | 73.14±32.37 | 9.91±6.40 | 1.549 | 6.40 to -3.40 |
| Walking (meters) | 375.00±107.7 | 354.91±101.68 | 20.09±9.10* | 2.208 | 1.17 to 39.02 |
| | 2 | | | | |
| Dyspnea scores | 4.46±0.51 | 3.96±0.95 | 0.50±0.16** | 3.169 | 0.17 to 0.83 |

*p<.05, **p<.01, *** p< .001

MIP: maximal inspiratory pressure, MEP: maximal expiratory pressure