Respiratory muscle training and its health benefits for patients with COPD, asthma and long COVID symptoms

Christian Tullberg Poulsen
Founder and CEO of Airofit

Sund og stærk med velfærdsteknologi
Torsdag d. 23. juni 2022

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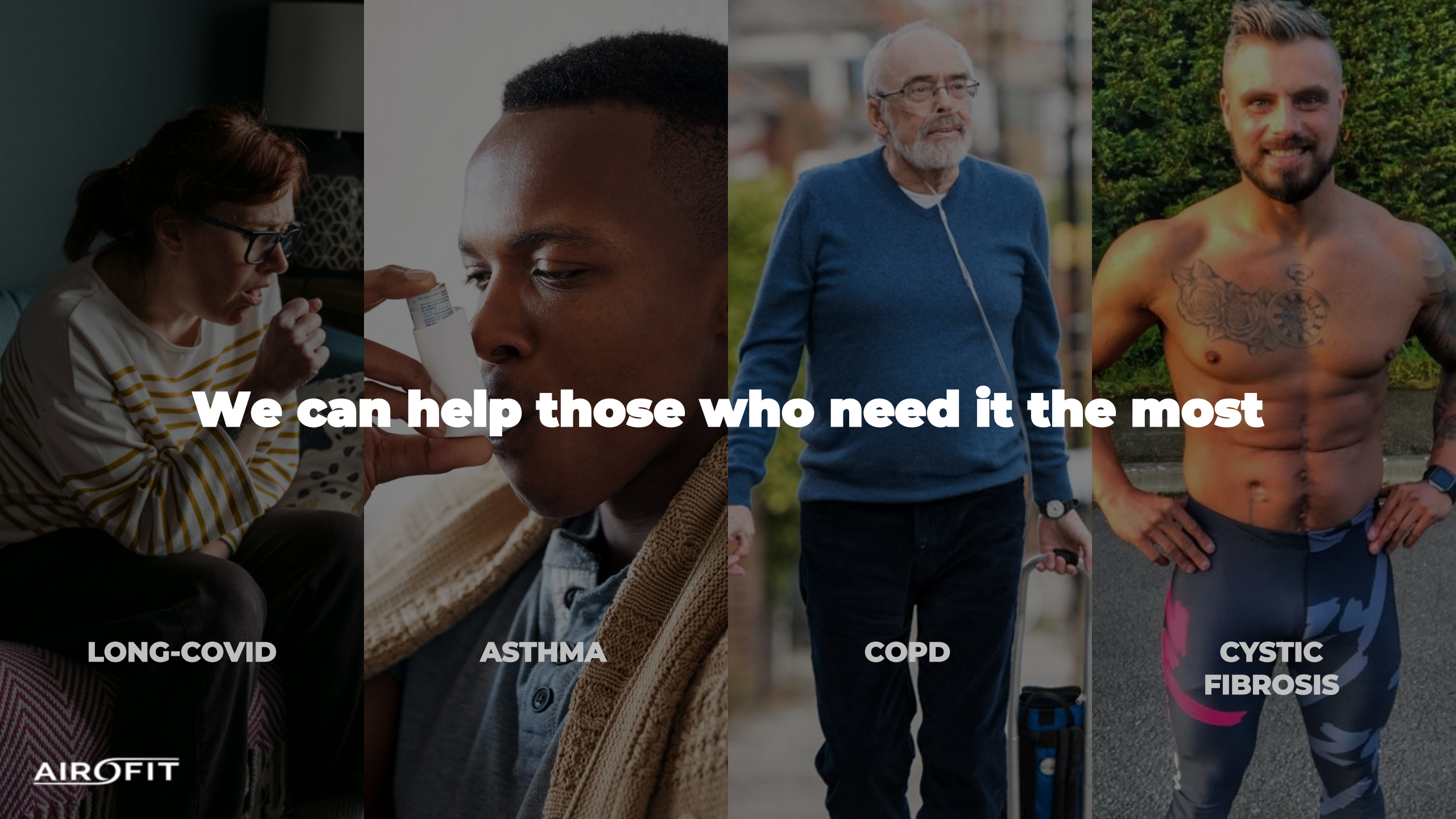
We can help those who need it the most
LONG-COVID
ASTHMA
COPD
CYSTIC FIBROSIS
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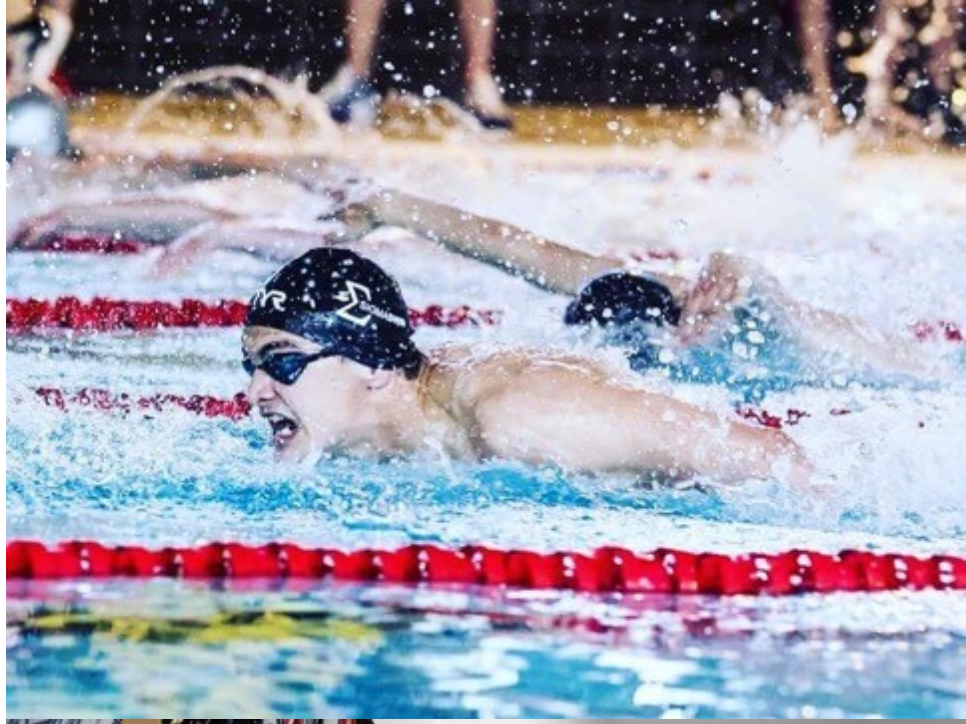
7 Gold Medals that changed everything



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RMT: Respiratory Muscle Training

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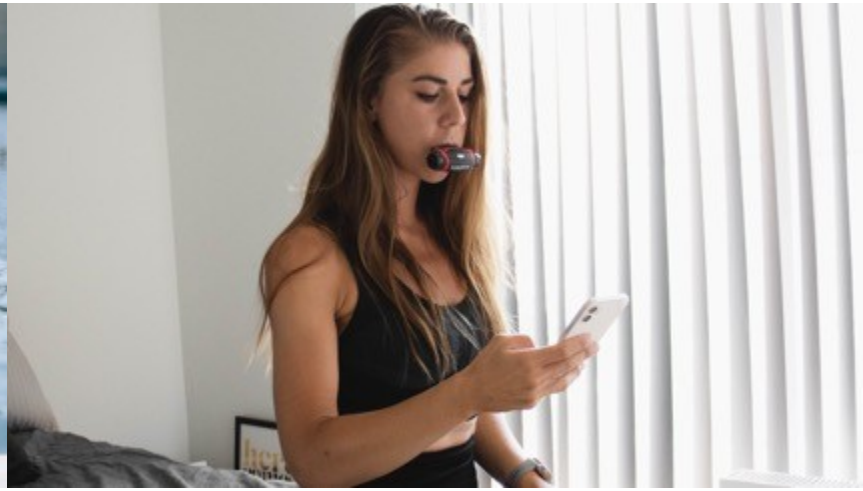
Three pillars of better breathing



Learn to Breathe Right

Strong Breathing Muscles

Bigger Lung Capacity

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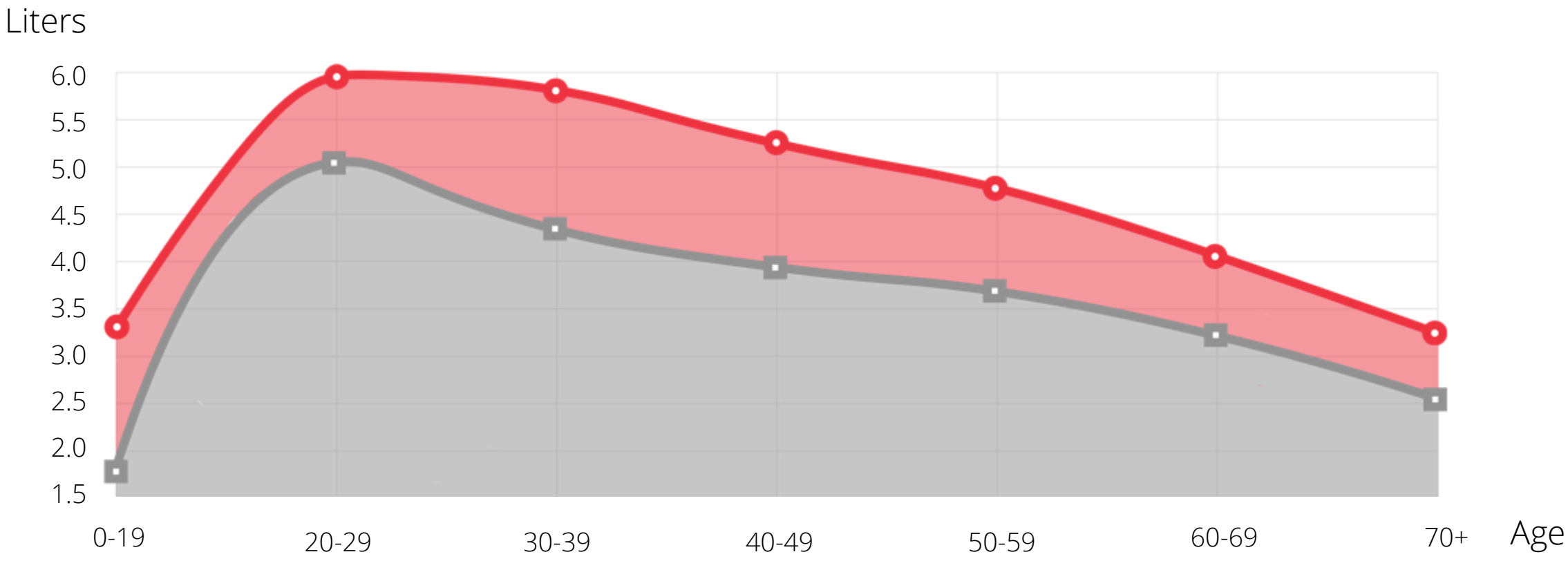
Airofit increases accessible lung capacity in 4 weeks



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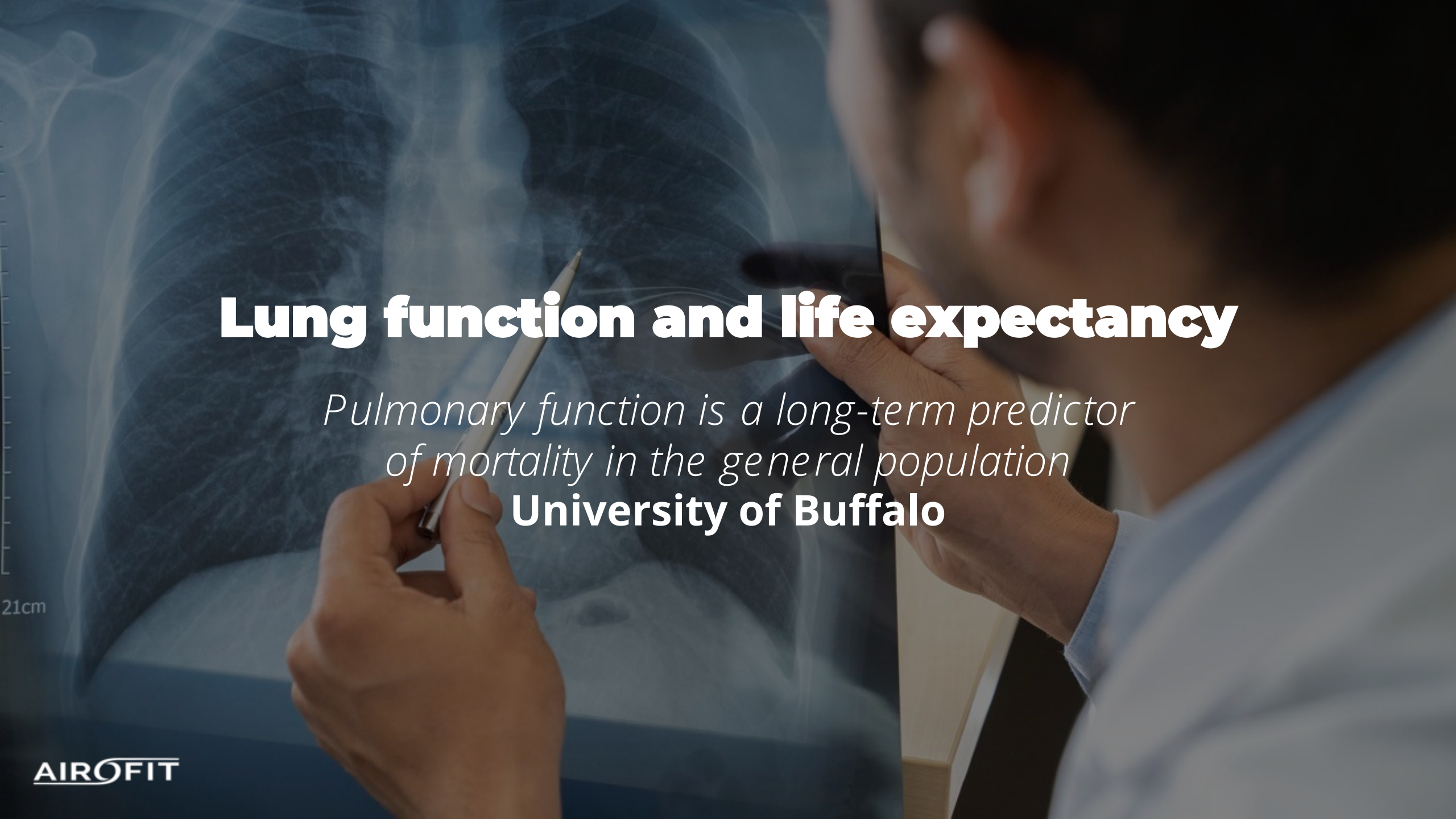

Lung function and life expectancy

Pulmonary function is a long-term predictor of mortality in the general population

University of Buffalo

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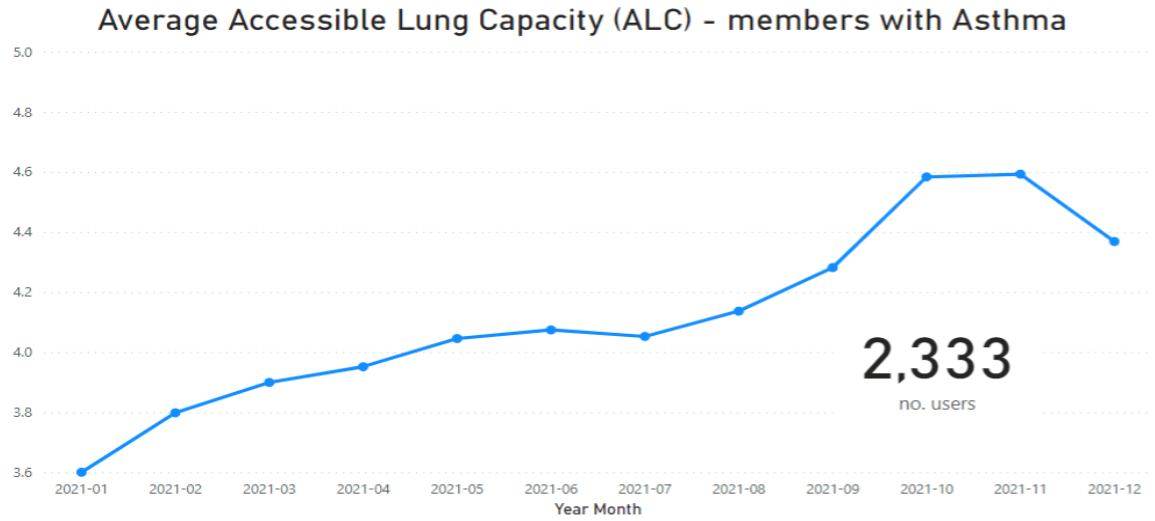
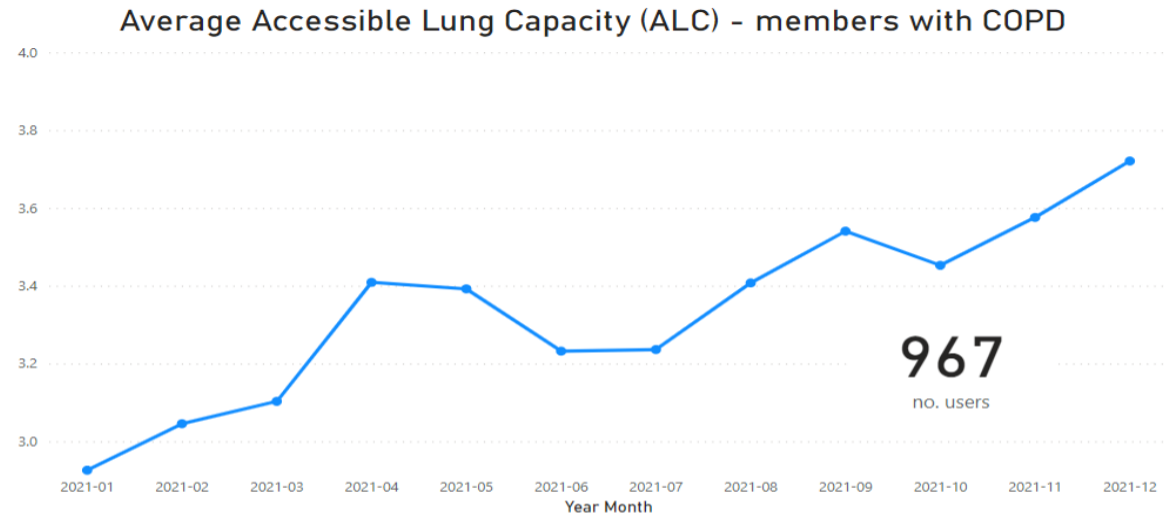
Examples of Airofit users with respiratory issues

+22% in Lung Capacity in Asthmatics
+26% in Lung Capacity in those suffering from COPD





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Pia’s story

From breathlessness and hopelessness
to grandkids and new hobbies

+58% in Lung Capacity
+56% in Respiratory Strength

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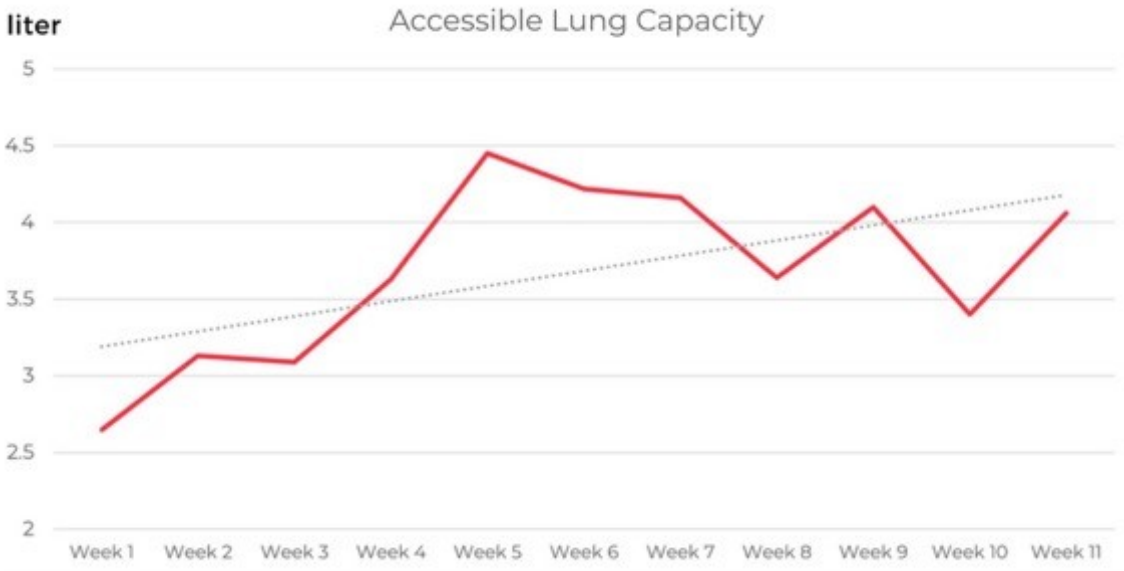
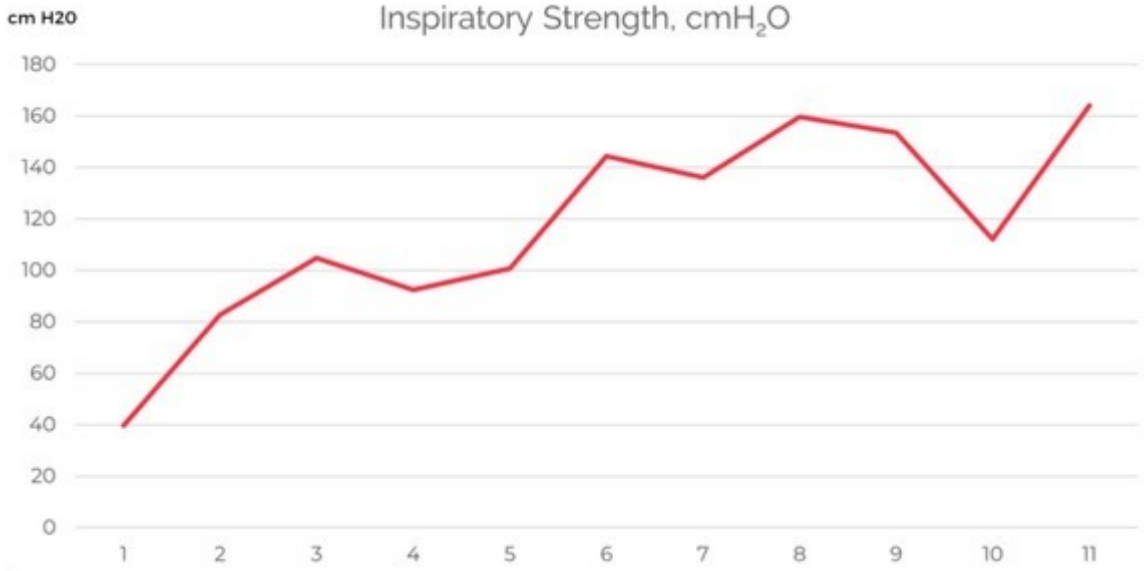
Mike's story

COPD, Covid-19 and a passion for long-distance cycling

+52% in Lung Capacity
+300% in Respiratory Strength





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Airofit is based in science and backed by research

Disease	*Evidence*
COPD	IMT improves the inspiratory muscles, physical ability, reduces breathing difficulties and improves the quality of life (fx Yun, R., et al., 2021, Zhang, F., et al., 2021, Beaumont, M., et al, 2018)
Asthma	IMT strengthens the inspiratory muscles (Silva, 2013) and reduces the use of asthma medication (Weiner, P., et al., 1992)
Heart disease	Inspirational muscle training improves the inspiratory muscles, physical ability, reduces breathing difficulties and improves the quality of life (Zhuang, 2021)

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Our ongoing studies

- Breathing Exercises in **Patients With Covid Induced Dyspnea** (Baritone)
- The influence of **telerehabilitation** focused on respiratory muscle training on the functional status **of patients with the respiratory system diseases**.
- Combined inspiratory and expiratory muscle training – a pilot study to evaluate training feasibility and short-term **effects in healthy volunteers**.
- **Respiratory training in systemic sclerosis patients**: a promising countermeasure of dyspnoea and pain.

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The Airofit respiratory training system

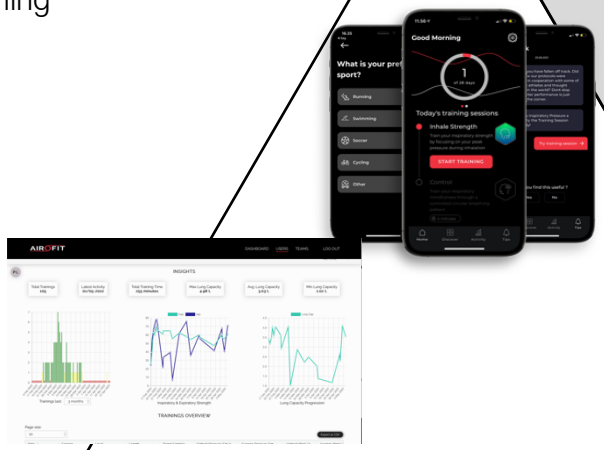
THE BREATHING TRAINER

Sleek design and fitting in the palm of a hand.

It sets us apart from all competitors on the market

APP & EXPERT MODULE

Uniquely built to let the user generate goal focused training programs.



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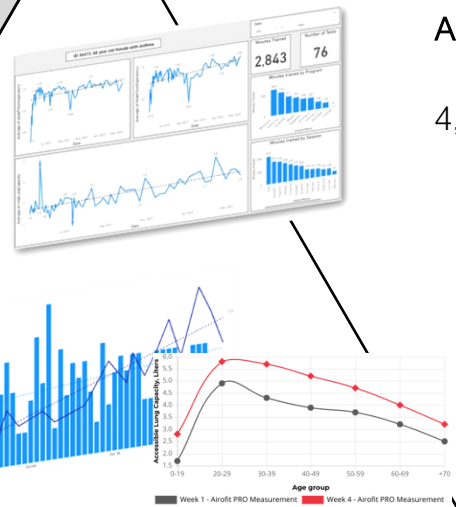
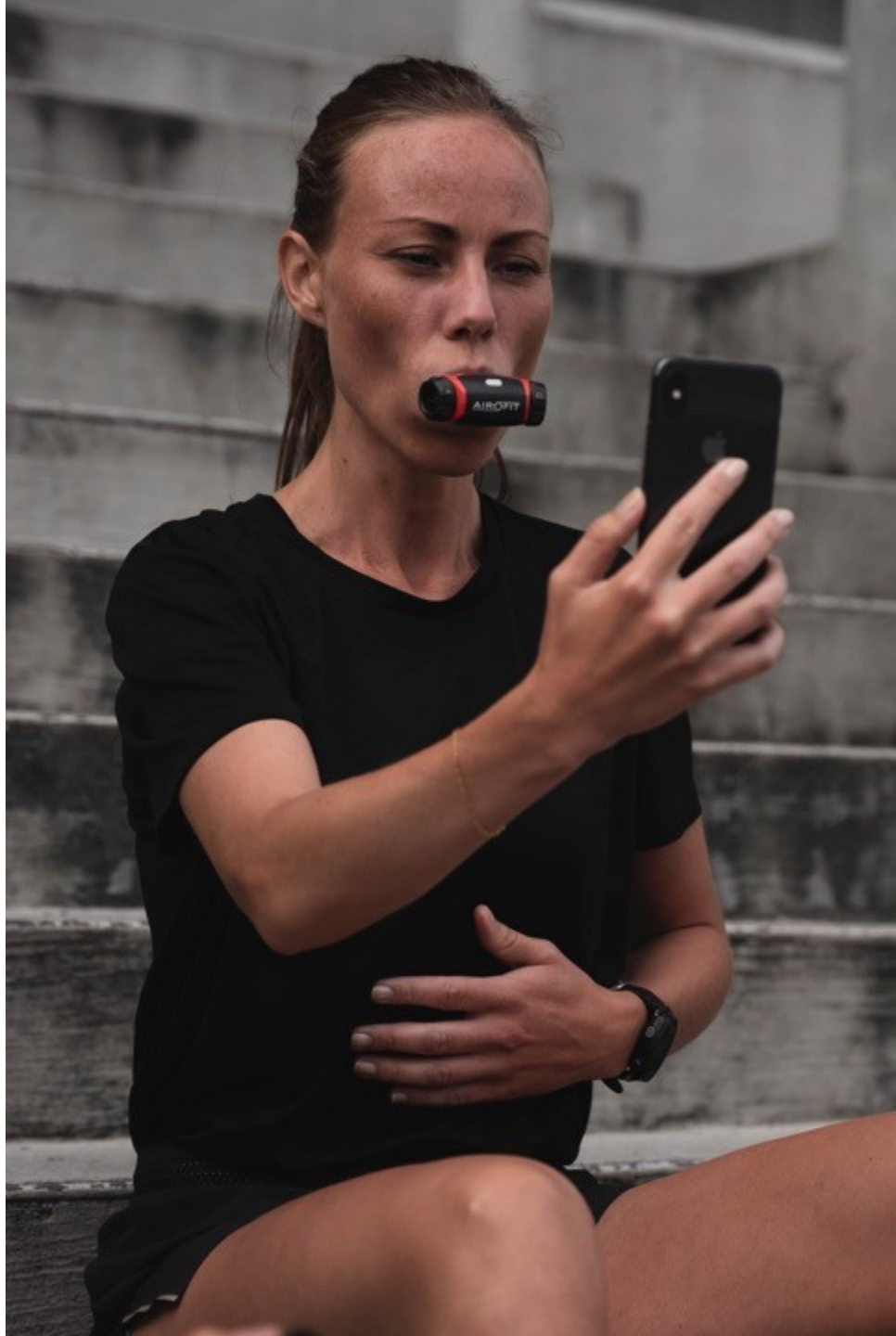
FDA

AIROFIT DATABASE

4,6M TRAINING SESSIONS



The training system



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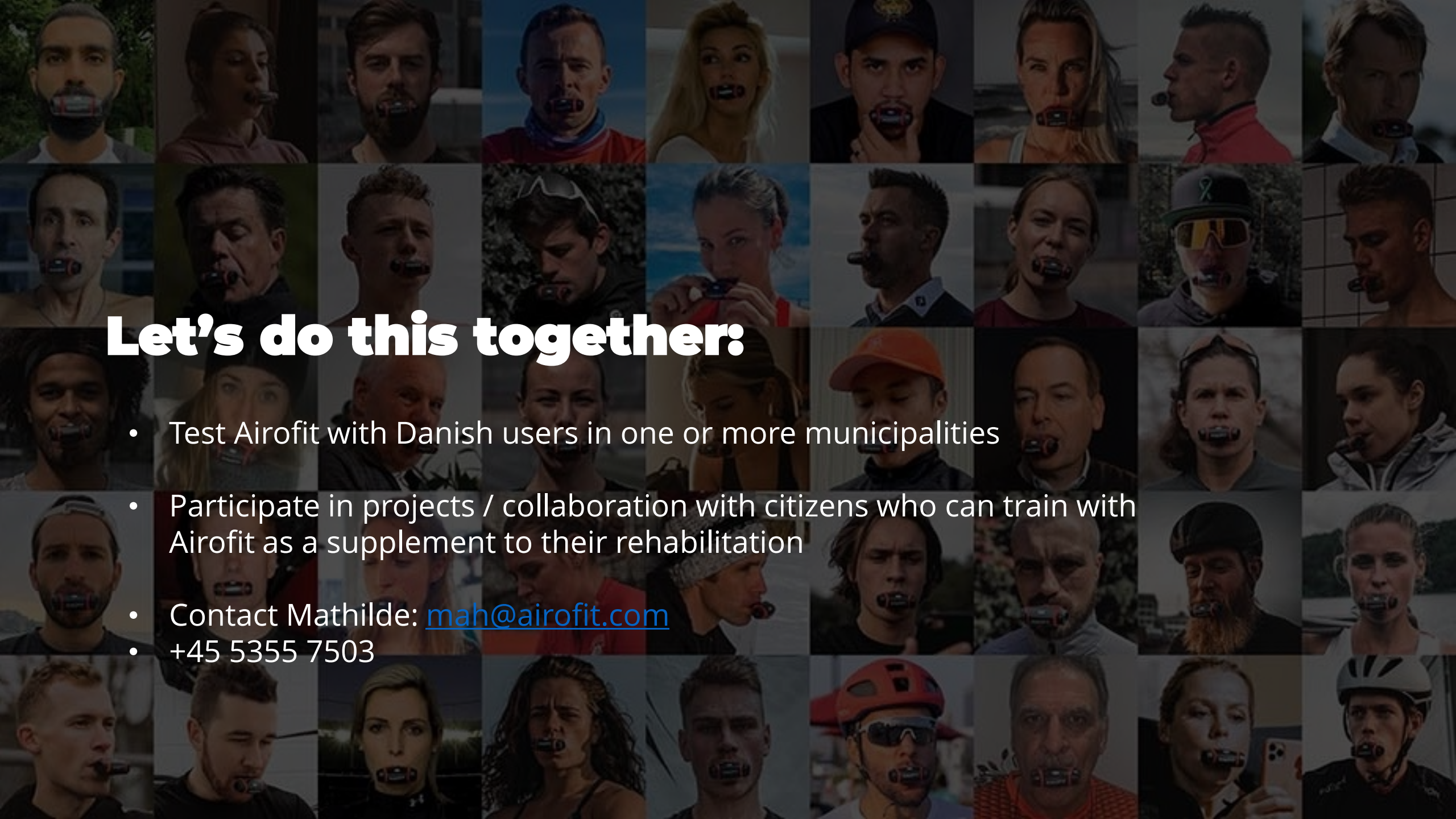

Let's do this together:

- Test Airofit with Danish users in one or more municipalities
- Participate in projects / collaboration with citizens who can train with Airofit as a supplement to their rehabilitation
- Contact Mathilde: mah@airofit.com
- +45 5355 7503