

## Journal of Respiratory and CardioVascular Physical Therapy

Dear readers,

It is with great pleasure that **The Journal of Respiratory and CardioVascular Physical Therapy (JCRPT)** publishes the second number of its fourth issue. This number is composed of three new reliable studies: A case report, a literature review and an original article.

In the case report, entitled “**Benefits of a Combined Protocol of Physical Exercise and CPAP on a Patient Affected by Heart Failure and Mitral Insufficiency: A Case Report**”, the authors described the optimal application of positive pressure and its benefits associated with a cardiovascular rehabilitation program on functional capacity, respiratory muscle strength and quality of life (QoL) on a 60 year-old patient with ischemic heart failure (HF) and mitral insufficiency. The authors concluded that the significant increases in peak oxygen consumption, distance (covered in the six-minute walk test), inspiratory and expiratory muscle strength and QoL, observed after eight weeks of the supervised program, provides the basis for management of patients with HF as well as for randomized clinical trial studies.

The literature review, entitled “**Cardiotoxicity of Chemotherapy Drugs and Possible Protective Effects of Physical Exercise: A Literature Review**”, summarized the main pathophysiological mechanisms of doxorubicin cardiotoxicity and the positive effects of physical exercise programs to prevent its side effects. Besides a large number of studies found, the authors concluded that future studies are mainly needed to: Elucidate the complex cardiotoxicity mechanisms of the drug, explore the real effectiveness of physical exercise as a

cardioprotective agent and at what point of the chemotherapy does the exercise program must be implemented.

The original article published as “**Musculoskeletal Pain Assessment in Participants of a Cardiopulmonary and Metabolic Rehabilitation Program**” determined, at rest and during physical exercise, the presence, quantity, intensity and locations of musculoskeletal pain in patients suffering with different metabolic and cardiovascular diseases before and after three months of participation in a cardiopulmonary and metabolic rehabilitation (CPMR) program. The authors observed that the CPMR program reduced the amount of pain only during exercise with no significant differences in intensity, also highlighting the need to adapt the exercises to different clinical and physiological conditions in order to reduce the exacerbation of pain symptoms.

Lastly, we invite all professionals, students and researchers to continue sending your manuscripts to our journal, contributing to the increase in scientific information of this fascinating *Respiratory and CardioVascular Physical Therapy* area.

Kind Regards,

*Antonio Sarmiento*

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