

Course Name : Bachelor of Physical Education

Year : IInd

Paper Name : Kinesiology and Physiology of Exercise

Paper No. Ist

Lecture No. 21

Topic no. : Prac. - 4

**Lecture Title : Efficiencies Tests : Vital capacity and Expiratory Force Tests - 2
Summary**

Lung volumes can confirm the presence of restriction when a reduced vital capacity is seen on spirometry. A reduced TLC is the hallmark of restrictive lung disease. An isolated reduction of the residual volume may be an early sign of restrictive lung disease. Pulmonary processes that can reduce the TLC include interstitial lung disease, atelectasis, pneumothorax, pneumonectomy, consolidation, edema, and fibrosis. Extrapulmonary causes of restriction include obesity, respiratory muscle weakness, thoracic deformities, and disease of the pleura.