

## REVIEWS

### **Respiratory gymnastics, an opportunity for the exercise capacity optimization in people with essential hypertension (Note I)**

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#### **Abstract**

Essential hypertension represents both a cardiovascular disease and a major risk factor for the coronary atherosclerosis emergence.

The engendered circulatory complications - stroke, myocardial infarction, renal failure - are becoming increasingly common when blood pressure values are higher.

Because of its high incidence and of the major health-related problems it can induce, essential hypertension requires a series of treatment means, among which we mention the inclusion of respiratory gymnastics, with a favorable impact on the cardio-respiratory function.

Respiratory gymnastics, through its operational means, leads to the activation not only of the segments of the body, but also of its organs, by contributing thus to health condition maintenance, due to a better functioning of all the human body systems.

The regular practice of a respiratory gymnastics program by hypertensive people may result in a reduced cardiac labor and in a much increased tolerance to exercise, under the conditions in which the exercise capacity optimization determines a status of independence and, implicitly, a better quality of their life.

**Keywords:** hypertension, respiratory gymnastics, exercise capacity.