

The physiological justification for airway clearance, mucoactive therapy, and pulmonary rehabilitation (PR), sometimes known as exercise interventions, in bronchitis is the goal of this research. There is a scientific justification for the idea that physical inactivity and muscle weakness may contribute to the development of the disease and affect sputum mobilization, health-related quality of life, and the frequency of pulmonary exacerbations. Given the wide variety of techniques available, it is crucial to take into account the physiological implications of each technique, such as expiratory flow, ventilation, and oscillation, in order to successfully customize ACT. The use of airway clearance techniques (ACT) in the treatment of bronchitis is becoming more and more important.