1. "Importantly, the increase in exercise tolerance seems to be correlated with symptomatic improvements and enhancements in health-related quality of life measurements (9,10). Improvements in measures of fatigue, activities of daily living, symptoms of peripheral neuropathy and myopathy, breathlessness, depression, and anxiety, as well as general wellbeing after exercise training are also reported (9,10,14)."

(C.P. EVANGELIA KOUIDI, M.D., Greece; Artif Organs, Vol. 26, No. 12, 2002)

2. "Those who continued to exercise showed an increase in walking distance of just under 100m during a shuttle walk test, and this was statistically significant. The increase in walking distance was associated with an improvement in well-being as judged by the quality-of-life scores, which in turn were likely related to improved physical fitness […]"

(C.P. MATTHEW TORKINGTON et al., Renal Unit, Dumfries, UK: Uptake of and adherence to exercise during hospital haemodialysis, Physiotherapy 92 (2006) 83–87)


4. "Strategies aimed at minimizing prolonged immobilization during critical illness may prevent the development of neuromuscular complications after critical illness. [...] and cycle ergometry may be especially valuable as a component of early rehabilitation during the acute phase of critical illness, where sedation and immobilization may limit patients' ability to participate in active rehabilitation interventions."

(C.P. DALE M. NEEDHAM, MD, PhD et al., Johns Hopkins University, USA: Technology to enhance physical rehabilitation of critically ill patients Crit Care Med 2009 Vol. 37, No. 15)

5. "In patients with severe COPD oxygen uptake, breathing frequency and minute ventilation increased not only during active, but even during passive movement of a bedside ergometer. With this method an exercise training is possible even in COPD patients confined to bed."

(C.P. GALETKE W. et al., Universität Witten, Germany: Spiroergometry in patients with severe chronic obstructive pulmonary disease confined to bed, Pneumologie - 01-FEB-2002; 56(2): 98-102)

6. "All patients responded well to exercise and expressed better muscular performance during and after exercise time[…] all patients improvement of Kt/V and URR index after physical exercise period, compared to exercise free time (p < 0.005). We suggest that exercise during dialysis treatment is safe and consents either better psychophysical performance or better dialytic efficiency."