



## Correction to: Acute effects of inspiratory muscle training at different intensities in healthy young people

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This article was published online with an error. In Table 3, the name of the variable in the last row is missing. It just says ‘mmHg’. The name to be written is ‘MAP (mmHg)’. The correct presentation of Table 3 is presented here. The original article has been corrected.

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**Table 3** Measures of Arterial Stiffness and Blood Pressure Before and After Intervention Sessions

		Diaphragmatic (n = 36)	10% (n = 36)	30% (n = 36)	60% (n = 36)	P value
Alx (%)	Baseline	7.4 ± 15.7	7.1 ± 15.7	10.1 ± 15.9	9.6 ± 14.4	0.878
	After	8.4 ± 14.8	7.9 ± 14.5	11.3 ± 13.6	8.2 ± 14.6	0.594
	Δ	0.9 ± 13.4	0.7 ± 12.1	1.1 ± 12.9	-1.4 ± 8.8	0.585
AoPWV (m/s)	Baseline	5.8 ± 0.9	5.7 ± 0.8	5.6 ± 0.7	5.6 ± 0.7	0.457
	After	5.8 ± 1.0	5.8 ± 0.8	5.7 ± 0.7	5.9 ± 0.8 <sup>b</sup>	0.801
	Δ	0.01 ± 0.2	0.1 ± 0.4	0.1 ± 0.3	0.3 ± 0.4 <sup>a</sup>	0.028 <sup>a</sup>
PTT (ms)	Baseline	79.4 ± 8.2	79.9 ± 7.4	79.4 ± 7.8	80.5 ± 8.8	0.825
	After	79.6 ± 9.9	78.6 ± 7.4	77.9 ± 7.7	78.6 ± 8.8	0.365
	Δ	0.2 ± 3.8	-1.3 ± 6.1	-1.4 ± 4.1	-1.8 ± 6.0	0.258
Brachial SBP (mmHg)	Baseline	121.7 ± 12.8	119.1 ± 10.5	117.5 ± 9.5	117.5 ± 11.4	0.247
	After	117.5 ± 11.6 <sup>b</sup>	119.0 ± 12.7	117.4 ± 12.0	120.1 ± 13.5	0.323
	Δ	-4.2 ± 6.4	-0.1 ± 7.8	-0.1 ± 8.7	2.5 ± 9.3 <sup>a</sup>	0.027 <sup>a</sup>
Aortic SBP (mmHg)	Baseline	105.6 ± 11.4	104.3 ± 7.6	102.9 ± 7.5	103.1 ± 9.0	0.081
	After	102.9 ± 10.3 <sup>b</sup>	103.4 ± 11.3	104.2 ± 11.9	106.4 ± 12.1 <sup>b</sup>	0.211
	Δ	-2.7 ± 6.1	-0.8 ± 7.9	1.3 ± 9.1	3.3 ± 9.1 <sup>a</sup>	0.015 <sup>a</sup>
Brachial DBP (mmHg)	Baseline	70.4 ± 9.4	68.9 ± 7.9	67.5 ± 8.4	68.3 ± 8.3	0.179
	After	69.4 ± 8.4	68.5 ± 8.1	70.3 ± 9.0 <sup>b</sup>	73.5 ± 10.5 <sup>b</sup>	0.012 <sup>a</sup>
	Δ	-0.9 ± 5.2	-0.4 ± 6.7	2.8 ± 8.2	5.2 ± 8.5 <sup>a</sup>	0.003 <sup>a</sup>
Aortic DBP (mmHg)	Baseline	72.4 ± 11.8	70.9 ± 7.1	69.5 ± 8.4	69.3 ± 8.3	0.141
	After	71.1 ± 9.8	70.2 ± 9.2	71.3 ± 9.0	74.4 ± 10.6 <sup>b</sup>	0.118
	Δ	-1.3 ± 5.8	-0.7 ± 8.2	1.8 ± 7.2	5.1 ± 8.6 <sup>a</sup>	0.011 <sup>a</sup>
MAP (mmHg)	Baseline	86.0 ± 10.4	84.5 ± 7.0	83.1 ± 7.5	82.9 ± 8.3	0.077
	After	84.2 ± 9.5 <sup>b</sup>	83.9 ± 9.3	84.9 ± 9.5	87.2 ± 11.2 <sup>b</sup>	0.082
	Δ	-1.8 ± 5.4	-0.5 ± 7.5	1.8 ± 7.6	4.2 ± 8.3 <sup>a</sup>	0.006 <sup>a</sup>

Data were expressed as mean ± SD.

Alx, augmentation index; AoPWV, aortic pulse wave velocity; PTT, pulse transit time; SBP, systolic blood pressure; DBP, diastolic blood pressure; MAP, mean arterial pressure.

<sup>a</sup>Significant difference compared with diaphragmatic breathing ( $p < 0.05$ ).

<sup>b</sup>Significant difference compared to baseline assessment ( $p < 0.05$ )

**Table 4** Change of dyspnea and fatigue after the intervention sessions

	Diaphragmatic (n = 36)	10% (n = 36)	30% (n = 36)	60% (n = 36)	P value
Δ Dyspnea	0.1 ± 0.5	0.2 ± 0.6	0.1 ± 0.3	0.3 ± 0.8	0.096
Δ Fatigue	0.1 ± 0.6	0.3 ± 0.9	0.7 ± 1.4	1.7 ± 2.3 <sup>a</sup>	<0.001 <sup>a</sup>

Data were expressed as mean ± SD

<sup>a</sup>Significant difference compared to diaphragmatic breathing ( $p < 0.05$ )