Author Year Country Research Design Score Sample Size	Methods	Outcome
Pillastrini et al. 2006 Italy RCT PEDro = 3 Level 2 N = N/S	**Population:** *Control Group:* Mean Age: 52.2 yr; Gender: male=75%, female=25%; *Treatment Group:* Mean Age: 31.5 yr; Gender: male=80%, female=20%; Level of injury: cervical; Severity of injury: complete =100%; AIS A. **Intervention:** The patients were randomized to receive either mechanical insufflation/exsufflation in addition to manual kinesitherapy, or kinesitherapy only. **Outcome Measures:** Forced vital capacity (FVC), FEV_1, peak expiratory flow (PEF), (FEV_1/FVC), arterious pressure of O_2 (Pa O_2), arterious pressure of CO_2 (Pa CO_2), (pH), saturation of oxygen (SaO_2). **Chronicity:** Time since injury not specified.	1. Among patients who received mechanical insufflation/exsufflation, FVC and $FEV_1$was significantly higher at the end of treatment compared to the beginning (p=0.0001). 2. Among patients who received mechanical insufflation/exsufflation, PEF was significantly higher at the end of treatment compared to the beginning (p=0.0093). 3. Among patients in the control group, there was no significant improvement in FVC, FEV_1, or PEF (p>0.05) between the end of treatment and the beginning. 4. There were no significant differences in FEV_1/FVC, Pa O_2, Pa CO_2, pH, and SaO_2 in either of the groups (p>0.05 in all cases).
Garstang et al. 2000 USA Pre-post Level 4 N = 18	**Population**: 18 patients with SCI (C1-T3), 88% were C5 or higher. **Methods:** Surveyed preference for: suctioning or maximal in/exsufflation (MI-E). **Outcome Measures:** Not Specified. **Chronicity:** Time since injury was up to 3 years post-injury; patients originated from several different acute care hospitals.	1. MI-E was less irritating, less painful, less tiring, less uncomfortable. All were clinically significant changes (except less tiring). 2. 16 of 18 patients preferred MI-E and one preferred suctioning; 1 patient had no preference. 3. When surveyed, average time from MI-E was 146 days and from suctioning was 253 days.