

Breathing Evaluation and Management

Date	Venue	Tutor
Sat 31 st May and Sun 1 st June 2008	TBC	Laurie McLaughlin

Respiration is fundamental to healthy physiology, psychology and musculoskeletal function. However, few practitioners know about respiratory chemistry and how it regulates our physiology and ability to perform both physically and cognitively. Abnormal respiratory chemistry is common yet its presence is often unrecognised. Over breathing is the most common cause of deregulated chemistry and results in CO2 deficiency or hypocapnia. Hypocapnia can cause a variety of physiological changes which can make recovery from injury or illness very difficult. The presence of hypocapnia can be determined using capnography.

Often once the chemistry and mechanics of breathing are re-established, patients with musculoskeletal presentations (back pain, neck pain, repetitive strain etc.) that have been resistant to change become more responsive to manual therapy and exercise. Even patients with symptoms normally classified as central sensitization have been shown to improve. Since all body systems can be affected physiotherapists working in any area may find applicability in their caseload. This course will discuss the relevance of breathing evaluation in physiotherapy as well as the supporting evidence. Case examples and self evaluation will be used to contextualise the information and ground it in practice.

Day 1

8.45am REGISTRATION
9.00am Start
5.00pm Close

Day 2

8.45am REGISTRATION
9.00am Start
5.00pm Close

Details of all courses can be found on www.physiouk.co.uk or call / fax 020 8394 0400