

Thoughts from a previous participant

Breathing Management course with Laurie McLaughlin

I took this course about 4 years ago in 2006 and I have used what I learned every day with my clients. The knowledge gained from this course can be applied to almost every individual since breathing is the most important thing we do and it is easy to observe and question with each client. I took this course because Laurie and I had noticed poor breathing behaviours with many of our chronic and difficult to treat clients and we wanted to know how to help these clients more. I saw the positive changes that Laurie was making with her clients and I wanted to do the same.

Before the course

I noticed strange breathing patterns with patients, such as holding their breath with treatment, acting short of breath when talking and taking deep breaths for no reason, however I didn't know this could have much impact on how I was treating them. I also didn't know as a physio what I could do or say to them to help this problem. I actually didn't think physios would be able to change these behaviours much. I only knew of the cardiorespiratory training in school and over breathing was not mentioned.

During the course

The course is very interactive. You learn about what to look for in clients and how to change the behavioural and chemical part of breathing. You learn a lot about your own breathing behaviours and you can see immediate changes with the capnotrainer. You learn how to assess clients and how to spot a poor breather. There are many helpful hands-on techniques and behavioural techniques that are taught which are easy to incorporate into your treatment sessions.

After the course

I was able to use the skills learned immediately and I was able to make changes in clients that I wasn't before. This is especially so in the more chronic pain patients, as well as athletes and over achievers. I found the assessment on the capnotrainer very straight forward and you got immediate answers. The treatment techniques are a lot of education as well as breathing exercises and hands-on treatment to improve breathing mechanics. My clients were impressed that I picked up on their history of poor breathing and were eager to follow my direction to help improve their injury as well as their overall well being.

The material from the breathing course is helpful in many ways and can be applied to all domains of physio and incorporated into current treatment plans to help patients heal faster and prevent future problems.