

# Understanding and Treating Breathing Pattern Disorders (BPD) - including thoracic and pelvic biomechanical influences

14<sup>th</sup> & 15<sup>th</sup> October 2017 - Bristol

By Leon Chaitow ND DO

NOTE: Course includes MET, Positional Release and Myofascial pain management elements

## Learning objectives:

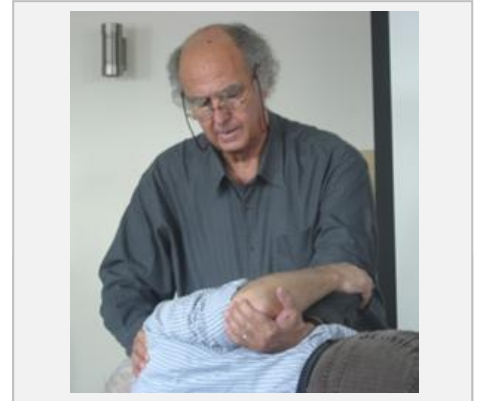
By the end of the course the participant should have:

- An understanding of the widespread influences of unbalanced breathing patterns on physical and emotional health in general, and the musculoskeletal system in particular, based on current clinical and research evidence
- An understanding of the connection between unbalanced breathing and changes involving circulatory, neurological, psychological and metabolic processes, based on clinical and research evidence
- An awareness of the connection between BPD and pelvic floor (and sacro-iliac) dysfunction
- The ability to recognize signs and symptoms of functional breathing pattern disorders.
- The ability to utilize a validated instrument (Nijmegen questionnaire) in assessing BPD
- An awareness of a variety of evidence based, clinically useful, approaches to breathing rehabilitation, including the use of appropriate soft tissue and articular mobilization methods.
- An increased ability to explain to clients the value of regularly applied rehabilitation (breathing exercises and mobilization methods) in the management of breathing pattern disorders
- Greater awareness of various complementary approaches to rehabilitation of respiratory function – including nutritional

## Course outline

This course will explain the presentation and symptoms of, as well as rehabilitation strategies for, the widespread habit (mainly affecting females) of unbalanced respiration (breathing pattern disorder/BPD).

New evidence will be offered linking BPD with disturbed autonomic balance, musculoskeletal and circulatory function, affecting pain thresholds, motor control, core stability and balance, as well as emotional liability. Safe rehabilitation methods will be demonstrated, taught and practiced.



Leon Chaitow is a state registered osteopath and naturopath in the UK; author of more than 70 books; editor of peer reviewed Journal of Bodywork & Movement Therapies (JBMT), before retiring was a senior lecturer and module leader on post- and undergraduate courses at the University of Westminster, London.

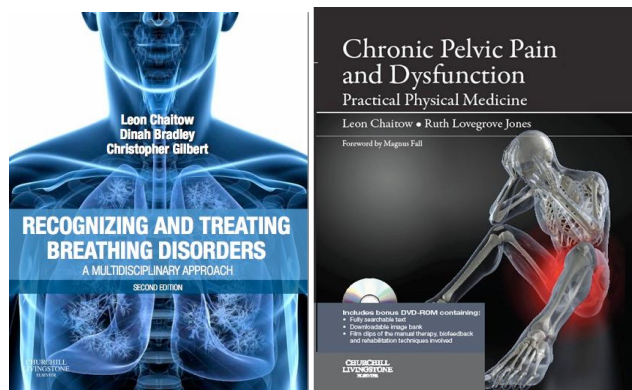
He lectures internationally (USA and Europe) on both bodywork and general health topics from an integrated naturopathic & osteopathic perspective. He practices privately in the UK as part of the Integrative Healthcare team and in Corfu, Greece, as well as in an NHS setting at Marylebone Health Centre, London, where in 1993, he became the first naturopath/osteopath to be appointed as consultant to a Government-funded conventional medical practice.

## Course Schedule

1. Introduction to breathing pattern disorders (BPD): definitions, gender issues, range, symptoms, triggers. (lecture/powerpoint demonstration)
2. The patho-physiology of BPDs – effects of BPD on circulatory, neurological, psychological and metabolic processes. (lecture/powerpoint demonstration)
3. Recognizing BPD. Signs and symptoms; tests -including Nijmegen questionnaire aswell as other validated methods, including capnography (if available), plusevaluation of accessory respiratory muscles and myofascial changes, ribs and other thoracic structures. (lecture, demonstration + class interaction working in smallgroups)
4. Evaluation (and where appropriate, treatment) of pelvic influences on respiratory function
5. Biomechanical rehabilitation methods – description and demonstration of soft tissue and articular manipulation and mobilisation methods, using a combination of **muscle energy techniques** and **positional release methods**, combined with rehabilitation protocols. (demonstration + class interaction working in small groups)
6. Thoracic cage mobilization methods -using validated osteopathic methods(demonstration + class interaction working in small groups)
7. Rehabilitation exercises : pursed lip breathing, anti-arousal breathing, Brugger's methods etc. (practical demonstrations using volunteers + class practice of self-application of methods)
8. Nutritional strategies – for example in situations where low blood sugar levels exacerbate BPD
9. Review and questions

### Suggested reading:

Chaitow L, Bradley D, Gilbert 2014 Recognizing and Treating Breathing Disorders. Churchill Livingstone, Edinburgh  
Chaitow L, Bradley D, Gilbert 2002 Multidisciplinary Approaches to Breathing Pattern Disorders. Churchill Livingstone, Edinburgh  
Chaitow L 2004 Breathing pattern disorders, motor control, and low back pain *Journal of Osteopathic Medicine* 7(1): 34-41



## Booking Details

**DATES** 14<sup>th</sup> & 15<sup>th</sup> October 2017

**COURSE FEE** £350. £100 non-refundable deposit is required to secure a place if you wish to part-pay – See the website for terms and conditions.

### COURSE VENUE

The Massage Training School – Engineers' House, The Promenade, Clifton Down, Bristol. BS8 3NB  
01395 271610 info@themasagetrainingschool.com www.themasagetrainingschool.com

**To book your place visit our website or send a cheque, payable to The Massage Clinic with your contact details using the downloadable booking form from our website.**