

Pelvic, Thoracic (and breathing) Pain and Dysfunction : Evidence Based Manual and Rehabilitation approaches

The
Massage
Training
School



A soft tissue approach to recognising, and rehabilitating breathing pattern disorders (BPD) and their influences on musculoskeletal pain, motor control and balance.

Course contents

1. Introduction to breathing pattern disorders (BPD): definitions, gender issues, range, symptoms, triggers.
2. The patho-physiology of BPDs – effects of BPD on circulatory, neurological, psychological and metabolic processes.
3. Recognizing BPD. Signs and symptoms; tests , plus evaluation of accessory respiratory muscles and myofascial changes, ribs and other thoracic structures.
4. Biomechanical rehabilitation methods – description and demonstration of soft tissue manipulation methods, using a combination of **muscle energy techniques** and **positional release methods**, combined with rehabilitation protocols.
5. Thoracic cage mobilization methods - using validated osteopathic methods
6. Rehabilitation exercises : pursed lip breathing, anti-arousal breathing

Target Audience

- Sports Massage Therapists
- Sports Therapists
- Physiotherapists
- Chiropractors and Osteopaths
- Pilates instructors

DATE : 21st & 22nd May 2011

FEES : £255. (£100 non-returnable deposit would be required to secure a place)

VENUE: The Massage Training School Exmouth, Devon

Please reserve --- place for the Breathing Patterns Disorders
2 days workshop Sat 21st & Sund 22nd May 2010

I enclose a deposit of £100 per place (please make cheques payable to "The Massage Clinic")

Name: _____

Address _____

Postcode _____

Tel: _____

Mob: _____

Email: _____

Please complete the above form and send with a cheque to: **The Massage Training School, 51 Imperial Road, EXMOUTH, EX8 1DQ**

LEON CHAITOW ND DO

Honorary Fellow, University of
Westminster, London



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.