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Physiological and physical implications of poor breathing patterns on the musculoskeletal system

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This case-based presentation explores the recent interest in the relationship between correct breathing and a number of physiological variables important to physiotherapy practice. Until recently, physiotherapists had not drawn the link between breathing and posture, spinal stabilization, cardiovascular and lymphatic flow and abdominal and bowel movement, but recent research suggests that breathing plays an integral part in normalizing these physiological functions. Three case studies will be used to illustrate some of the diverse potential of incorporating breathing-based rehabilitation into treatment programs for patients with poor spinal health and upper limb non-injury based dysfunction. Data drawn from these cases will show how correct breathing can improve spinal stabilization, reduce pain and improve functional movement. Alter accessory respiratory muscle dominant motor patterns that perpetuate upper limb, neck and shoulder dysfunction.

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