



OBJECTIVES of Assessing and Correcting Breathing Dysfunctions

1. Understand the characteristics of dysfunctional breathing
2. Recognize measure and interpret key signs and symptoms of breathing pattern disorders, hyperventilation and stress related breathing disorders.
3. Measure and interpret significance of breath holding times
4. Understand the principles of breathing retraining and how to apply them appropriately in various populations.
5. Use breath holding to reset breathing functionality.
6. Understand, perform and teach the Courtney Breathing Basics Protocol in patients with various forms of dysfunctional breathing.

Assessing and Correcting Breathing Dysfunctions COURSE SCHEDULE

8:00 am – 10:00 am Dysfunctional Breathing: Characteristics, Causes, Cures

10:00 am – 10:15 am Break

10:15 am – 12:15 am Assessing Breathing: Section 1

- Recognize measure and interpret key signs and symptoms of breathing pattern disorders, hyperventilation and stress related breathing issues.
- Breath holding tests and their meaning
- Posture-breathing-movement tests and interpretation

12:15 am – 1:15 pm LUNCH

1:15 pm – 2:45 pm Assessing Breathing: Section 2

- Getting the most out of the MARM and Hi Lo
- Measuring breathing functionality with the MARM
- Using full and simplified notation systems

2:45 pm – 3:00 pm Break

3:00 pm – 5:00 pm Retraining Breathing

- Practice and applications
- The Courtney Breathing Basics Protocol and its variations
- Using breath holding as a treatment tool