



Rehabilitation of the Nose, Pharynx, Larynx and Tongue

Schedule for Los Angeles - September 17th 2023

Face to face

Session 1 – 8.30-9.00 am - Introductions

Session 2 - 9.00-9.45am - Theoretical principles and clinical tools of Integrative Breathing Therapy.

The real world practical difference between functional and dysfunctional breathing. Courtney's Three Dimensional Model of dysfunctional breathing and its practical significance for breathing assessment and effective individualised breathing therapy.

Session 3 - 9.45-10.30 am – Functional anatomy, physiology and functions of the Nose.

Overview of nasal functions. Understand the link between multiple dimensions of breathing and nasal function.

10.30-11am Break

Session 4 - 11am-12.30pm - IBT approach to assessing and treating Nasal Dysfunction.

Assessing patients for functional nasal rehabilitation. Harnessing nasal functions for nasal rehabilitation.

12.30-1.30pm LUNCH

Session 5 - 1.30-2.15pm - Functional anatomy, neurophysiology and functions of the Tongue.

Cranial motion in breathing and its connection with the tongue.

Session 6 - 2.15-3.00pm - Integrating Tongue Training with cranial and whole body

breathing rehabilitation.

3.00-3.30pm Break

Session 7 - 3.30-4.15pm - Functional anatomy, neurophysiology, functions and dysfunctions of the Upper Airway - pharyngeal and laryngeal structures.

Session 8 - 4.15-5pm - Improving Upper Airway Function using a Systems Breathing Approach.