



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Breathing Essentials 203

Course Subtitle: Altered Breathing Patterns and Their Consequences

Course Description: Altered Breathing Patterns and Their Consequences is a 2-hour seminar in which the anatomy and effects of the sympathetic nervous system is introduced. Discussion of sub-optimal breathing patterns and the multitude of dysfunctions that can be related to it will be presented. An in-depth discussion of the functions and the consequences of dysfunction of the diaphragm on trunk control, LBP and postural deviations. Dysfunction of the cervical spine, shoulder, posture will be related to upper thoracic breathing. This seminar is a comprehensive view of the affects of dysfunctional breathing patterns.

Target Audience: OT/OTA, PT/PTA and other healthcare professionals

Course Length: 2 hours

Course Author/Instructor: Debra Dent, BPT, Dip Manip, PT, OCS, FCAMPT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the end of the course, participants will be able to:

- Describe how altered breathing patterns can alter pH and how this can affect the body.
- Describe the autonomic nervous system and function.
- Name three physiological consequences of respiratory alkalosis.
- Describe suboptimal breathing patterns and their effect on the cervical spine and chronic pain.

Outline of Content:

Hour #1

Autonomic nervous system anatomy and effects

Sub optimal breathing patterns over-inflation and upper chest breathing

Function of the diaphragm

Diaphragm and thoracic restrictions effects on the posture and stability of the spine
Respiratory alkalosis/hyperventilation and the consequences

Hour #2

Somatic Dysfunctions, Chronic fatigue, fibromyalgia, chronic pain

Relation to incontinence

Balance dysfunction with respiration

Upper thoracic breathing dysfunction effects on the UE and Cervical spine

Case history of a golfer with a dysfunctional diaphragm and treatment

Videos: Upper chest de-facilitation techniques and breathing practice

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course.
See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

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