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AOTA Approved Provider #4023

Course Title: Breathing Essentials 207

Course Subtitle: Breathing Retraining Theories

Course Description: This 1-hour seminar is the concluding seminar for the seven seminar Breathing Essentials Series. It summarizes why as clinicians we need to investigate the breathing patterns of our patients. This seminar also gives an in-depth review of internationally recognized clinicians who have done research on the effects of a dysfunctional respiratory pattern. In this final seminar, there are introductions to various breathing theories that are utilized around the world such as Resonant Frequency Breathing, the Buteyko Method, Inspiratory Muscle Training and Altitude Training.

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

Course Length: 1 hour

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:

- List two theories of breathing retraining methods.
- Describe the theory of Resonant Frequency Breathing.
- Describe the theory and design of Kolar's Neurodynamic Muscular Stabilization program.
- Describe the concept of Linda Joy Lee's Thoracic Ring Approach.

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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