



**Course Title:** Breathing Essentials 203 – 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 and other healthcare professionals

**Course Type:** Video vs. Text-based

**Educational Level:** Beginner, Intermediate, Advanced

**CE Hours:** 2 contact hour / .2 ceu

**Course Prerequisites:** None

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

**Learning Objectives:**

- 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.

**Agenda:**

**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

**Course Completion Requirements:**

A 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 and completing a satisfaction survey, you will receive your certificate of completion.

### **Additional Course Information**

**Course Registration:** Register for Free at [www.OnlineCE.com](http://www.OnlineCE.com). Once registered, you can begin to purchase courses. Contact [info@onlinece.com](mailto:info@onlinece.com) for special needs requests and assistance.

**Refund Policy:** There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

**Cancellation Policy:** Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

**Course Date and Location:** This is an independent course that is available 24/7 on-demand at [www.OnlineCE.com](http://www.OnlineCE.com).

**Required Materials and Equipment:** Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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