
Learning Objectives

MedBridge

Dysfunctional Breathing Part 2: Intervention Strategies

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Course Objectives:

Upon completion of this course, learners will be able to:

- Identify and observe evidence-based pain neuroscience treatment strategies that can help facilitate a return to normal breathing in patients experiencing pain
- Formulate an efficient treatment plan that integrates these strategies when treating patients with low back and neck pain, pelvic pain, anxiety, and depression
- Identify then observe, via instructor demonstration, manual interventions that can be utilized to improve/facilitate functional breathing patterns. Manual interventions will include selected Graston Technique® therapy techniques that can be applied to improve breathing motor control
- Formulate an effective treatment plan that integrates manual techniques that facilitate normal breathing in patients with low back and neck pain, pelvic pain, anxiety, and depression
- Identify then observe, via instructor demonstration, therapeutic exercise and neuromuscular retraining strategies that can be utilized to improve/facilitate functional breathing patterns
- Formulate an effective treatment plan that integrates therapeutic exercises and neuromuscular retraining strategies that facilitate normal breathing in patients with low back and neck pain, pelvic pain, anxiety, and depression