



## Respecting Respiration: Understanding and Applying Breathing's Influence to Rehabilitation Programs

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The role that manipulating respiration can have on improving the outcomes of a rehabilitation program cannot be understated. Breathing pattern disorders can be causative to pain and diagnoses', exacerbate existing conditions and even develop as a result of pathology. Most importantly, it is a powerful tool in helping to manage problems and an important intervention strategy to complement existing protocols. This lecture will provide the practitioner with an understanding of the mechanics of the ventilatory process and the influence that imbalances of that mechanism can have on the respiratory process. Assessments, intervention techniques and applications to current rehabilitation strategies will be discussed as well.