

Back to Chiropractic Online Course

Shallow Breathing: in the office – 6 Hours

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COURSE OBJECTIVES:

1. Be familiar with the common types of respiratory diseases
2. Differentiate common causes of shallow breathing from history taking
3. Review of primary and accessory respiratory muscles
4. Understand the importance of posture in proper breathing
5. Address the relationship between improper breathing and spinal pain
6. Provide options to re-educate patients' breathing pattern

COURSE OUTLINE:

Time	Topic
Hour 1-2	<ul style="list-style-type: none">➤ Overview of common respiratory diseases in 2020➤ Discuss different causes for shallow breathing
Hour 3-4	<ul style="list-style-type: none">➤ Discuss the relationship between posture and breathing pattern, common spinal complaints we see in a chiropractic office➤ Review anatomy and physiology of the respiratory muscles
Hour 5-6	<ul style="list-style-type: none">➤ Discuss what we can do in the office to help re-educate patients' breathing pattern and improve overall wellness➤ Breathing exercises

1. Overview of respiratory disease
2. Cause of Shallow breathing
 - a. Asthma
 - b. Blood clot in an artery in the lung
 - c. Choking
 - d. Chronic obstructive pulmonary disease (COPD) and other chronic lung diseases
 - e. Heart failure
 - f. Infection
 - g. Transient tachypnea of the newborn
 - h. Anxiety and panic
 - i. Other serious lung disease
 - j. New member from 2020 – Covid-19
 - k. The hidden one – poor posture
3. Relationship between posture and breathing pattern
 - a. Review anatomy of respiratory muscles
 - b. Proper vs. improper breathing pattern
 - c. Posture and spinal health

- i. Statistics
 - ii. Upper cross syndrome – work-from-home-trend
 - iii. Tech Neck
 - iv. Low back pain
4. Sympathetic vs Parasympathetic effect on breathing pattern
5. What we can do in the office
 - a. Proper history taking to rule out serious medical conditions
 - b. Posture check
 - c. Chiropractic adjustments
 - d. Structural approach
 - e. Breathing re-education exercises
 - f. Diaphragm release
 - g. Explore Taichi – improve both posture and breathing by activating the parasympathetic nervous system