



Recognizing and Treating Breathing Disorders: A Multidisciplinary Approach, 2e

By Leon Chaitow ND DO (UK), Christopher Gilbert PhD, Dinah Bradley DipPhys NZRP MNZSP

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This book is intended to help practitioners understand the causes and effects of disordered breathing and to provide strategies and protocols to help restore normal function. Fully updated throughout, this volume has been completely revised to guide the practitioner in the recognition of breathing pattern disorders and presents the latest research findings relating to the condition including a range of completely new techniques – many from an international perspective - to help restore and maintain normal functionality. Video clips on an associated website presents practical examples of the breathing techniques discussed in the book.

"This is not a perfect all-encompassing textbook. That was not its purpose. As a catalyst for stimulating further exploration and for use as a reference in clinical work of wide-ranging paradigms it succeeds admirably." **Reviewed by:** David Probert, British School of Osteopathy, UK, International Journal of Osteopathic Medicine **Date:** Aug 2014

- Carefully prepared by a global team of renowned experts under the guidance of Leon Chaitow
- 2. Focuses on practical, validated, and clinically relevant information
- 3. Abundant use of pull-out boxes, line artwork, photographs and tables facilitates ease of understanding
- 4. Contains clinical cases to ensure full comprehension of the topics explored
- 5. Suitable for physiotherapists, manual therapists, physical therapists, osteopaths, osteopathic physicians and chiropractors, massage therapists, Pilates and yoga teachers & therapists, Tai chi and Feldenkrais practitioners, athletic coaches and voice-coaches
- Video clips on an associated website presents practical examples of the

breathing techniques discussed in the book

2. Includes the latest protocols on breathing rehabilitation
3. Includes specialist chapters on breathing dysfunction associated with pain syndromes such as pain of pelvic origin and other unexplained medical conditions
4. Discusses the use of capnography in assessment and rehabilitation
5. Includes discussion of Vojta/Dynamic Neuromuscular Stabilization Therapy

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Editorial Review

Review

"...this far-reaching book covers everything one would wish to learn about breathing pattern disorders - I feel it is an essential source of reference and information to all health professionals working in this area...I would urge everyone interested in the subject to place an order..."

Anne Pitman MCSP SRP, Manual Therapy, October 2002 "The whole book is well illustrated and referenced, provides practical case examples and sensible cautions....I cannot think of anything they have left out." *Ashley Conway. Journal of Holistic Healthcare: Volume 4 Issue 4 November 2007*

Patients with common psychological dysfunction including anxiety, low mood and depression, sleep disorder, chronic low energy syndromes etc., all can respond well when the breath cycle is identified and adapted by cognitive processes.

This text is the most comprehensive of its kind and the clinical application of the content so broadly based it deserves a wide readership.

Donald Scott, Osteopath, UK

This is an extremely well-detailed book and I love how it explores all areas of breathing i.e. the psychological, emotional and physical elements of the process.

Eva Au Zveglic, Specialised Respiratory Physiotherapist, UK

This book will appeal to anyone with an interest in breathing from whatever discipline they belong to.

Anne Pitman, Physiotherapy, Devonshire Place, London, UK

As the current title suggests, I feel the book appropriately covers multidisciplinary management strategies of BPD which is an extremely important aim given that the disorder is so complex with multiple aetiologies and no single assessment or treatment tool.

Kate Bazin. Physiotherapist, UK

Breathing is an overlooked part of human function. We need more information about breathing as it is such an important prerequisite for the normal functioning of so many other body systems.

Ken Crenshaw, Head Athletic Trainer of the Arizona Diamondbacks Baseball Team, USA

As clinical practitioners we must always be aware of causation, maintaining and exacerbating factors. Abnormal breathing has the ability to be all three of these.

T. Hewetson, Lecturer in Osteopathy, Oxford, UK

This is not a perfect all-encompassing textbook. That was not its purpose. As a catalyst for stimulating further exploration and for use as a reference in clinical work of wide-ranging paradigms it succeeds admirably.

**David Probert, British School of Osteopathy, UK, International Journal of Osteopathic Medicine
(August 2014)**

From the Back Cover

STRAP LINE: Healthy breathing patterns are essential for good physical and mental health!

Disordered breathing patterns may be a symptom or a cause of frequently undiagnosed health problems. A significant proportion of the population worldwide suffers from breathing pattern disorders, particularly in the more developed countries. Accordingly, a wide range of practitioners encounter these problems, often without having received any prior training in their causation or management.

This book is intended to help practitioners understand the causes and effects of disordered breathing and to provide strategies and protocols to help restore normal function. Fully updated throughout, this volume has been completely revised to guide the practitioner in the recognition of breathing pattern disorders and presents the latest research findings relating to the condition including a range of completely new techniques - many from an international multidisciplinary perspective - to help restore and maintain normal functionality.

The volume also provides an overview of the underlying anatomy, physiology and basic biochemistry associated with breathing. Chapters then examine the psychological and emotional variables associated with disordered breathing together with assessment protocols taken from a variety of perspectives - including Dynamic Neuromuscular Stabilization methods, osteopathic, physiotherapeutic, and psychological methods. Comprehensively covering a range of interventions suitable for use in a variety of settings - including the use of techniques in patients with longstanding pain disorders - the book concludes with chapters on speech and singing, breathing disorders in the athlete, and looks at the importance of breathing techniques in relation to Feldenkrais, Pilates, Tai chi Qigong and yoga.

Key Features:

1. Carefully prepared by a global team of renowned experts under the guidance of Leon Chaitow
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3. Focuses on practical, validated, and clinically relevant information
4. Contains clinical cases to ensure full comprehension of the topics explored
5. Video clips on an associated website presents practical examples of the breathing techniques discussed in the book
6. Discusses the use of capnography in assessment and rehabilitation

Prepared by experts of international renown, this book will be perfect for physiotherapists, manual therapists, physical therapists, osteopaths, osteopathic physicians and chiropractors, massage therapists, structural integration practitioners, Pilates and yoga teachers & therapists, Tai chi and Feldenkrais practitioners, athletic coaches and voice-coaches.

Comments about the previous edition

This text is the most comprehensive of its kind and the clinical application of the content so broadly based it

deserves a wide readership.

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As clinical practitioners we must always be aware of causation, maintaining and exacerbating factors. Abnormal breathing has the ability to be all three of these.

T. Hewetson, Lecturer in Osteopathy, Oxford, UK

About the Author

Leon Chaitow ND DO is an internationally known and respected osteopathic and naturopathic practitioner and teacher of soft tissue manipulation methods of treatment. He is author of over 60 books, including a series on Advanced Soft Tissue Manipulation (Muscle Energy Techniques, Positional Release Techniques, Modern Neuromuscular Techniques) and also Palpation Skills; Cranial

Manipulation: Theory and Practice; Fibromyalgia Syndrome: A Practitioner's Guide to Treatment, and many more. He is editor of the peer reviewed Journal of Bodywork and Movement Therapies, that offers a multidisciplinary perspective on physical methods of patient care. Leon Chaitow was for many years senior lecturer on the Therapeutic Bodywork degree courses which he helped to design at the School of Integrated Health, University of Westminster, London, where he is now an Honorary Fellow. He continues to teach and practice part-time in London, when not in Corfu, Greece where he focuses on his writing.

Users Review

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Donna Gray:

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