



1.) Applied Neuroscience of Breathing

- Influence of breathing on sensorimotor adaptation
- Importance of rib cage load tolerance on movement variability
- How the movement of air affects midline coordinative movement

2.) Importance of Rib Cage and Diaphragm

- How they cooperate for improved sensory feedback and midline control
- Is belly breathing really enough?
- Importance of shifting focus towards force & load dissipation with breathing

3.) Rib Cage Movement and Breath Coordination

- Importance of mechanoreceptor feedback
- How to allow for better cortical representation through breathing

4.) Breathing and Movement Variability

- How gravity influences breathing
- Building better stability through breath coordination
- Strategies to detect the amount of variability present at the midline

5.) Midline Coordination & Breathing

- How the head, spine/rib cage, and pelvis interact during breathing
- Importance during upright movement
- Importance of timing and coordination

6.) Practical Assessment & Integration

- Practical sagittal plane assessment strategies
- Practical frontal plane assessment strategies
- How to explain findings to client and how this guides treatment

7.) Practical Treatment Strategies

- Upper and lower quadrant treatment strategies
- Using breath to drive better cooperation of midline segments
- Neck pain & lower back pain focused breathing strategies
- How to facilitate breathing strategies with midline movement in multiple positions
- Strategies to alter muscle tone for better air flow and spinal movement
- Sagittal and frontal plane breathing strategies to improve load distribution throughout rib cage and diaphragm
- How to progress strategies based on client tolerance.
- Adding coordinative and timing focus for improved neural engagement