

Breathing Works & Matters - A New Way to Observe and Treat the Client as Well as Clinician Specific Exercises



Speaker: Tania Clifton-Smith (MNZSP, DipPhys, NZMTA)

Duration: 90 minutes

Nowhere in the human body is the axiom of structure governing function more apparent than in its relation to breathing.

It is important within the dental profession to recognise breathing pattern disorders for overall dental health. Poor breathing patterns can lead to structural deformity, assist in periodontal disease even create panic in the dental chair.

Breathing Works and Matters will cover:

1. Key indicators of breathing pattern disorders/ hyperventilation syndromes. Breathing correctly assists posture, spinal stabilisation, cardiovascular & lymphatic flows, abdominal & bowel movements, leading to physiological and physical health and vitality.
2. The biomechanical/anatomical changes that sustain these poorly diagnosed disorders.
3. Secondary problems specific to the dental profession: mouth breathers, the panicked patient, the tooth grinder.
4. Red flags to recognise these disorders.
5. Basic treatment strategies.

Learning Objectives:

1. Knowledge: the participant will be able to understand the mechanical, physiological and psychological norms plus dysfunctional presentations of breathing.
2. Recognise when someone is not breathing correctly and how this relates to dental health.
3. Recognise within when they are not breathing correctly and how this affects their health and own energy levels

Outcomes:

For the client:

Awareness of an underlying cause and practical tools to assist in addressing problems that affect their dental health: such as periodontal disease, teeth grinding, fear in the dental chair and structural deformity.

For the clinician:

- Tools to maintain consistent energy levels throughout a day.
- To assist with mental clarity and focus.
- Ways to improve fitness levels.

Tania Clifton Smith

Tania is a co-founder of the physiotherapy Breathing Works clinics and the BradCliff® breathing method. Web: www.breathingworks.com, www.bradcliff.com.

Tania works as a clinician with a particular interest in children, athletes and the anxious client, she lectures within the medical profession and corporate sectors, plus has been published both academically and main stream.

Author of the acclaimed Breathe To succeed –Penguin Books 1999

Co-author of Breathing Works for Asthma – Tandem Press-2002

Co-Author of Breath Stretch & Move –Random Books 2005

Co-Author of Breathing Matters Random Books2006.

Tania Currently sits on the Medical Board for Allergy New Zealand.

Is a recognised practitioner for the NZ Academy of Sport and a preferred provider for The Pinnacle Group , a sports organisation which helps aspiring world champions .

NB: There is much more so much more to just breathing in and out!!!!