



## **Breathing is the foundation of life...have you made it the foundation of your practice?**

This evidence-based program founded by world renowned leaders in dysfunctional breathing will introduce you to the concepts of breathing dysfunction.

### **Level 1 BradCliff® Practitioner Certification**

Dates: April 27-28, 2019, 8:30am-4:30pm

Location: Ottawa Physiotherapy and Sports Clinic - Westboro location  
347 Churchill Ave N, Ottawa

Cost: \$725 + gst for registrations prior to March 15th; \$875 full price

Maximum 10 participants

#### Level 1 Course Concepts:

- A review of the *respiratory/psycho/physiological* alterations in the acute and chronic over-breather and the *biomechanical/anatomical* changes that sustain these poorly diagnosed disorders. This content will be covered in short on-line pre-course videos.
- Assessment guidelines, questionnaires, and goal setting.
- Identification of triggers/stressors at all ages and stages.
- Body mechanics, posture and breathing dysfunction.
- Treatment principles and techniques
- Physical coping skills for stress fatigue, anxiety and pain management.
- Inspiratory Muscle Training
- How to make BradCliff Method® a part of your practice – ideal for both respiratory and orthopedic populations

For more information or to register, contact Jessica at [breathewellphysio@gmail.com](mailto:breathewellphysio@gmail.com).

*Breathing well is the foundation of health and movement;  
breathing dysfunction can affect anyone from the elite athlete to someone with  
neck pain to a child with asthma*

[www.bradcliff.com](http://www.bradcliff.com)