



Buteyko Study Day

Saturday 23rd March 2019

The London School of Osteopathy,
The Grange, 12 Grange Road, London SE1 3BE

09:15 Registration & refreshments

09:45 Welcome & topic setting
Catherine Moffat

10:00 Breathing Pattern Disorder assessment

Dr Nicki Barker, *Clinical Research Fellow & Advanced Paediatric Respiratory Physiotherapist, Sheffield Children's Hospital.*

Nicki is an expert in dysfunctional breathing & a committee member of the national Complex Breathlessness Interest Group. Nicki will discuss assessment of breathing pattern disorder, use of structured light plethysmography and an overview of treatments.

11:00 Refreshments (30 mins)

11:30 Practical: Facilitation of diaphragmatic breathing

Dr Georgie Housley *Highly Specialist Respiratory Physiotherapist, Royal Brompton Hospital.*

Georgie is the lung team lead for physiotherapy outpatients and has a specialist interest in physical activity & fitness. Georgie will lead the practical session on how to find the diaphragm & facilitation of diaphragmatic breathing.

12:30 Lunch (Provided: 45 mins)

13:15 Speech & Language Therapy (SLT) assessment, differential diagnosis & treatment in Inducible laryngeal obstruction (ILO)

Dr Julia Selby, *Clinical lead SLT for voice, ENT & Respiratory disorders, Royal Brompton Hospital.*

Julia is an expert in ILO and has a specialist interest in upper airway disorders, laryngeal hypersensitivity & voice problems. Julia will discuss ILO assessment, treatment & differential diagnosis.

14.15 Hot topics & question time for the panel
(30 mins)

14:45 Refreshments
(15 mins)

15:00 Exercise testing & treatments in elite athletes

Dr John Dickinson, *Head of the Exercise Respiratory clinic, University of Kent.*

John is a senior lecturer in sport & exercise sciences, & manages respiratory symptoms in Olympic athletes, professional football & rugby players & ultra endurance athletes. John will discuss exercise testing & treatments in elite athletes.

16:00 Questions/ Feedback/ Closing Remarks (15 mins)
Catherine Moffat

16:15 AGM (90 mins)