Respiration og Postural control
4-dags kurset

Mandag 14.juni – Torsdag 17.juni 2027

Program: DSNF påtager sig retten til mindre korrektioner af programmet.

Day-1: Monday, June 14th - 5.0 Contact Hours

9:30 – 10:00		Registration, coffee, tea etc.
10:00 – 10:20	Discussion	Introduction to course topics
10:20 – 11:30	Lecture	Breathing and posture #1: Pressure control (Soda pop model)
11:30 – 12:30		LUNCH
12:30 – 14:15	Lab	Positioning strategies: What can you do in 90 Seconds or less that has a profound and lasting effect?
14:15 – 14:30		BREAK
14:30 – 15:15	Lecture	Breathing and posture #2: The diaphragm's many roles
15:15 – 15:30		BREAK
15:30 – 16:30	Lab	Ventilatory/movement strategies: Integrating neuromuscular, musculoskeletal, respiratory, and sensory systems

Day-2: Tuesday, June 15th - 6.5 Contact Hours

8:00 – 8:30		Coffee and ...
8:30 – 9:45	Lab	Ventilatory/movement strategies: Integrating neuromuscular, musculoskeletal, respiratory, and sensory systems
9:45 – 10:00		BREAK
10:00 – 11:30	Lecture	Breathing and posture #3: The internal organs. The vocal folds.
11:30 – 12:30		LUNCH
12:30 – 13:30	Lecture	Chest assessment: Focus on musculoskeletal alignment and breathing patterns
13:30 – 13:45		BREAK
13:45 – 15:30	Lab	Assessing breathing patterns and postural implications
15:30 – 16:30	Demonstration	Patient demonstration #1

Day-3: Wednesday, June 16th - 6.5 Contact Hours

8:00 – 8:30		Coffee and ...
8:30 – 9:45	Lecture & Discussion	Differential diagnosis: "Find the Problem"
9:45 – 10:00		BREAK
10:00 – 11:30	Lab	Facilitating efficient breathing patterns and endurance training: Neuromotor techniques for diaphragm, chest and other breathing patterns
11:30 – 12:30		LUNCH
12:30 – 13:45	Lab	Continued: Facilitating efficient breathing patterns and endurance training: Neuromotor techniques for diaphragm, chest and other breathing patterns
13:45 – 14:00		BREAK
14:00 – 15:00	Lecture	Airway clearance: From Sherlock to solution
15:00 – 15:30	Lab	Manual assistive cough techniques
15:30 – 16:30	Demonstration	Patient demonstration #2

Day-4: Thursday, June 17th - 4.25 Contact Hours

8:00 – 8:30		Coffee and ...
8:30 – 9:00	Discussion	Review, synthesis, discussions about patient demos
9:00 – 9:45	Lab	Continued: Manual assistive cough techniques
9:45 – 10:00		BREAK
10:00 – 11:00	Lab	Eccentric trunk control: using voice for postural control and vice versa
11:00 – 11:30	Lecture	Screening rib cage restrictions with shoulder flexion
11:30 – 12:30		LUNCH
12:30 – 13:30	Lab	Rib mobilizations for restricted chest walls
13:30 – 14:00	Discussion	Now what? Furthering your education after the class