



# **BRADCLIFF**

## **BREATHING METHOD**

## **BradCliff Breathing Comes to Melbourne**

**Be a part of this major growth area in physiotherapy practice.**

**BradCliff are the world leaders in education, assessment and treatment of BREATHING pattern disorders and dysfunction.  
30 years, 30,000+ clients**



**Become a qualified BradCliff practitioner now.**

**Upcoming 2019 Course - Melbourne: BradCliff Level 1**  
**Sat 15 Jun 2019 - Sun 16 Jun 2019 South Yarra, Victoria, Australia**

Level 1 Course Concepts:

- A review of the respiratory/psychological/physiological alterations in the acute & chronic over-breather & the biomechanical/anatomical changes that sustain these poorly diagnosed disorders
- Assessment, questionnaires & goal setting
- Identification of triggers/stressors at all ages and stages
- Body mechanics, posture & breathing dysfunction.
- Nasal health.
- Treatment principles & techniques.
- Physical coping skills for stress, fatigue, anxiety & pain management.
- Asthma, COPD, breathless patient breathing retraining guidelines.
- Real time ultrasound and the diaphragm
- Introduction to Inspiratory Muscle Training & the athlete.
- How to make BradCliff Method® a part of your practice

**AAP Education Member 10% Offer - 8 Available**

**Use BRAD10CLIFF to enroll here: <https://aapeducation.info/bradcliff>**

**Breathing dysfunction can affect anyone from elite athletes, to someone who has neck pain, or a child with asthma.**