

**Do you find yourself yawning, sighing, or taking extra deep breaths throughout your day? If so, you may be 'over breathing'.**

**Proper breathing can make a difference between health and illness.**

Over Breathing is a very common breathing problem. The body expires too much CO<sub>2</sub> as a result of shallow or fast breathing. Body chemistry is altered in a way that can affect our physical and emotional well being.

**Common signs of over breathing:**

- Muscle tension
- Numbness in fingers or toes
- Difficulty concentrating
- Tingling of the skin
- Tightness in the chest
- Blurred vision
- Feeling short of breath or breathlessness
- Cold or sweaty hands
- Light-headedness or dizziness

**BreathWell is a program that assesses and provides rehabilitation to patients who suffer from signs and symptoms of over breathing.**

**BreathWell is Simple.**

First, take a symptoms questionnaire. Next, a physical therapist will assist you with a breathing assessment using the CapnoTrainer<sup>®</sup>, a machine which has been specifically designed for evaluating, observing, and learning breathing behavior. The CapnoTrainer<sup>®</sup> measures your breathing rate, rhythm, as well as the amount of expired CO<sub>2</sub> from each breath.

Once your breathing results are registered, you will then be taken through a series of breathing activities to help gain awareness of altered breathing patterns, and instructed in good breathing in order to restore optimal respiratory chemistry. Manual therapy is also used to improve spine and rib cage mobility to allow for better breathing mechanics. You will also be instructed in therapeutic exercise to restore strength, coordination and balance.

**Patients who can benefit from BreathWell Program may have the following conditions:**

- Chronic pain
- Repetitive strain injuries
- Headaches
- Back or neck pain
- High stress levels
- Fibromyalgia and chronic fatigue
- Post surgical/transplant
- Post trauma, especially chest
- Post open heart/chest surgery
- Unexplained symptoms in any body system: musculoskeletal, neurological, GI
- Performers of all kinds: Musicians, lecturers, presenters, and athletes who are striving for improved performance

**For more information about BreathWell contact:**



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