

ATOM Presents...

The Art & Science of Breathing: From Human Wellbeing to Human Performance

Speaker: Elijah Harris, MS, LAT, ATC, CSCS

Learning Objectives:

- Discuss the role of breathing in life, rehab, and performance
- Explain breathing mechanics and the interplay of bodily components
- Evaluate global movement theories that relate to intervention strategies
- Discuss pain neuroscience and its implications during rehabilitation
- Examine assessment strategies for functional and dysfunctional breathing patterns
- Implement intervention strategies for a continuum of care



Sunday, October 20, 2024 / 9 a.m-12 p.m.

Free In-Service / 3.0 Category A CEU's

Endicott College / 376 Hale Street / Beverly, MA

www.athletictrainersofmass.com

