

Recognising and treating breathing disorders: a multidisciplinary approach (second edition)

Leon Chaitow, Dinah Bradley, Christopher Gilbert 2014 Churchill Livingstone Elsevier Ltd ISBN 978-0-7020-5427-3 soft cover with corresponding website www.chiatowbreathingpattern.com 299 pages; RRP \$80.56 (www.amazon.com)

body will be performing conjointly with whatever physical task the client performs. Even this, however is not as significant as the unique, profound, underestimated and often undertreated impact the breathing pattern is having on your client's mood, clarity, core stability and physical/psychological integration with themselves and their world. And you might find it useful for yours as well.

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The impact of breathing patterns on our musculo-skeletal system, and indeed the whole person, is rapidly gaining momentum in physiotherapy practice. The information available is relatively new, however, and spread across various disciplines. This demands a book that has well researched information, incorporating the diversity of knowledge, but keeping the balance of physical and psychological, pragmatic and profound. This book does a remarkable job of achieving this by utilising a range of contributing authors who bring diverse professional and cultural backgrounds. The three key authors are recognised as international experts in their fields – UK born osteopath Leon Chaitow, New Zealand respiratory physiotherapist Dinah Bradley and American health psychologist Christopher Gilbert. They have integrated the information from their first edition, and revised it in response to a changing world where our lifestyles may become more sedentary and gadget orientated, but also where high performance, whether in sport or work, also demands a more specific, tailored approach to give both mental and physical resilience for an optimal outcome.

The book starts with a concise overview of the anatomy and physiology of respiration, including a chapter from lecturers at Czech Charles University, providing a developmental kinesiology perspective. The book progresses to separate chapters on breathing pattern assessment from the three key authors, and then further addresses other aspects of assessment with contributing authors. Treatment is then discussed, following a similar format. This is where this second edition is particularly outstanding, providing a good basis of practical hands-on techniques, well supported by pictures and the website, and giving specific focus on sports, speech and chronic pain. Reflecting our increasingly global world view, the book has specific chapters on different breathing methodologies, including Buteyko, Feldenkrais, Pilates, Tai Chi and yoga.

Some impressive authors have contributed, including Jan van Dixhoorn, Rosalba Courtney and Tania Clifton Smith. It is like an international conference between the covers. My disclaimer is that I work with two of the authors. This serves to reinforce, however, the need for external resources, with a broader, international perspective, that is still practical and relevant in my clinic room.

I believe this book provides this. If it has a weakness it is that it can be overwhelming, as it is dense with new information. This book is written for clinicians, and I would recommend it for those already confident in their clinical practice. Is it relevant for your practice? If the client in front of you is breathing, then I would say yes. Respiration is a musculo-skeletal task that the