



The IBT BIOMECHANICAL DIMENSION OF BREATHING: Assessment and Treatment in Integrative Breathing Therapy

Two day workshop. Assessment
and Treatment of Breathing
Mechanics in Clinical Practice.

Seoul, Korea

Sat 17 - Sun 18 October 2026



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WORKSHOP OVERVIEW

By the end of the workshop participants will be able to:

- Describe the role of the biomechanical dimension within the **three dimensional IBT model** (biomechanical, biochemical, psychophysiological) and the unified airway concept.
- Understand the **EAARS principle** for functional breathing assessment.
- Perform and interpret functional breathing assessment utilising the **Manual Assessment of Respiratory Motion (MARM)**.
- Apply manual techniques of the **Breathing Muscle Reset** to address respiratory musculoskeletal dysfunction.
- Develop **home-based breathing practices** based on IBT principles.

About Integrative Breathing Therapy (IBT)

IBT works with the three dimensions of breathing: the biomechanical, biochemical and psychological.



IBT recognises that **breathing is a system made up of functionally and neurologically linked parts** such as the nose, upper airway, thorax and diaphragm. It recognises that **breathing has many primary and secondary functions with the potential to heal** via a range of mechanisms. Assessment and treatment of all dimensions of breathing and various parts of the breathing system may be necessary for ideal treatment outcomes.



"FOUNDATIONS"

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Opening and framework

- Welcome, aims, brief participant check-in.
- Introduction to the core principles of Integrative Breathing Therapy.
- Introduction to EAARS (Efficient, Adaptive, Appropriate, Responsive and Supportive) as the organising principle for functional breathing assessment and show how the MARM and Breathing Muscle Reset fit into it.

Aims: Understand the biomechanical dimension within the IBT multidimensional model, the unified airway and EAARS orientation.

EAARS and functional assessment demonstration

- What is a functional breathing assessment?
 - Teach the IBT approach to functional breathing assessment based on the EAARS model.
 - Introduce the use of the MARM and HiLo as functional tests.
 - Group discussion.
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BREAK

MARM teaching and first practice

- Overview of the MARM: what it measures, its evidence base, indications and limitations.
- Detailed demonstration of the full MARM sequence and notation (original and simplified).
- First supervised practice round in triads with a simple checklist (focus on positioning, hand placement and basic pattern recognition).

Aims: Understand and begin to perform the MARM, with the different notation techniques.



"CONSOLIDATION AND APPLICATION"

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13.15 PM

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14 PM

Recap - the MARM consolidation

- Group check-in and recap of the key concepts from Day 1.
- Second MARM practice block.
- Clinical use of the MARM with focus on interpreting patterns.
- Group discussion of insights and clinical efficacy.

Aims: Solidify MARM performance and interpretation.

BREAK

Breathing Muscle Reset – teaching and practice

- Rationale and goals of the Breathing Muscle Reset within IBT core principles.
- Full demonstration of the sequence on one participant.
- Supervised practice in pairs/small groups, with Dr Courtney circulating to refine technique.
- Indications, modifications and cautions.

Aims: Apply the manual techniques of the Breathing Muscle Reset to address respiratory muscle dysfunction.

LUNCH



"CONSOLIDATION AND APPLICATION"

14 PM

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Home-based breathing practices

- The principles for designing IBT consistent home breathing programs.
- Introduction to simplified IBT breathing basics protocol with supine, sitting and standing breathing practices. How to explain and coach clients.
- Instruction in pairs of supine, sitting and standing practice.

Aims: Develop brief, individualised biomechanical breathing home practices.

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BREAK

15.45 PM

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Integration and closing

- Wholegroup discussion: integrating these tools into your different clinical settings, scope and boundaries.
- Feedback and close.

16.30 PM