Respiratory Muscle Strength Training: Evidence and Protocols

INTRODUCTION

Behavioral interventions that provide a calibrated mode for strengthening inspiratory and expiratory muscles are limited and often non-evidence-based. This course discusses the evidence base for respiratory muscle strength training (RMST) devices and shares the assessment and treatment protocols necessary for valid implementation of respiratory muscle strength training protocols. The course will be useful for SLPs working in health care settings treating acute and chronic conditions that impact the functions of breathing, coughing, swallowing, and vocalizing that result from skeletal muscle weakness.

LEARNING OUTCOMES

You will be able to:

- Identify appropriate indicators for use of RMST in clinical practice
- Cite evidence-based literature on outcomes related to improved functions of breathing, cough, swallow, and voice
- Track outcomes associated with RMST protocols

PROGRAM HISTORY and IMPORTANT INFORMATION

Live webinar: July 29, 2021
1:00–3:00 p.m. Eastern time
(noon Central time, 11:00 a.m. Mountain time, 10:00 a.m. Pacific time)

On-demand webinar: July 31, 2021–July 31, 2026

To earn continuing education credit, you must complete and submit the learning assessment within 5 days of watching the webinar, or before July 31, 2026, whichever comes first.

This course is offered for 0.2 ASHA CEUs (Intermediate level, Professional area).