



Know Your Joints
Muscle and Joint Care
Suggestions

**Do
Athletes
breathe
right? No!
Does it
matter?
Yes!**

Surprisingly, NO to the first question and Yes to the second according to research. From my **own data gathering I see high proportion of athletic/fit people with disordered breathing.**

Evidence from previous studies suggests that athletes with diaphragmatic breathing patterns display improved physical and psychological performance. **In other words athletes who breathe right perform better.** [See Study](#) Since more efficient ventilatory muscular recruit at both lower and higher intensities during exercise may benefit endurance performance by reducing oxygen demand of the ventilator musculature and thus increasing oxygen availability for mechanical work. Since athletes with altered breathing patterns might be at an enhanced risk of developing musculoskeletal injuries, identifying the prevalence of altered breathing patterns is of utmost importance to prevent them from developing injuries. Findings indicate that an **alarmingly high proportion (91%) of the athletes displayed dysfunctional breathing patterns, while only 9.4% of them displayed diaphragmatic breathing patterns.** The authors of this research suggest that clinicians need to consider screening breathing patterns and implementing corrective approaches targeted at specific components of dysfunctional breathing patterns. **They should also consider evaluating sport-specific adaptations of breathing and implementing sport-specific breathing training protocols.** ([Study](#)) The authors go on to say that incorporating diaphragm breathing exercises and techniques may have beneficial effects on restoring optimal recruitments and motor control patterns of respiratory muscles, improving the efficiency of the biomechanics of breathing and decreasing psychological stress in athletes with dysfunctional breathing patterns.