

Documentation

**Assessment:**

Patient presents with dyspnea symptoms. Patient's symptoms and presentation correlate with the diagnosis of PVFMD and muscle tension affecting her respiration and voice/swallow. Breathing pattern is dysfunctional characterized by habitual/occasional mouth breathing, fast respiratory rate, lots of visible movement in the chest and abdomen, irregular pattern with occasional large inhalations, altered inhalation/exhalation ratio, poor posture and thoracic breathing. She may benefit from breathing retraining to improve symptoms that are caused/aggravated by her dysfunctional breathing.

**Long term goals:**

1. Patient will achieve improved laryngeal function for appropriate breathing at rest and during all physical activities without significant respiratory distress, throat closure, stridor or throat discomfort
2. Patient will identify, reduce and/or eliminate factors contributing to respiratory distress for improved laryngeal comfort and health
3. Patient will decrease/eliminate hoarseness associated with PVFMD through application of therapy techniques
4. Patient will demonstrate increased confidence in her ability to control laryngeal symptoms contributing to respiratory distress with successful application of techniques trained in therapy.
5. Patient will improve awareness of breathing habits in order to begin to change his/her breathing pattern and prevent hyperventilation/PVFM/panic attacks.
6. Patient will play an entire half (of soccer) without requiring a sub
7. Patient will participate in any sport, matching the endurance/stamina of her peers-stopping to rest only if her muscles need rest, not because her breathing is restricting her.
8. Patient will participate in sports without being restricted by difficulty breathing

**Treatment Objectives**

1. Patient will demonstrate correct posture and relaxed "easy" diaphragmatic breathing 90% of the time during a therapy session.
2. Patient will learn breathing techniques to improve control of dyspnea symptoms.
3. Patient will practice the Buteyko breathing exercises 4 sets a day and record on a log.

4. Patient will increase awareness to breathing throughout the day and will monitor her condition by measuring his/her pulse and Comfortable pause/Steps daily.

6. Patient will follow advice regarding foods and lifestyle modification.

7. Patient will use strategies to improve efficiency of breathing while exerting.

8. Manual therapy techniques consisted of MFR (myofascial release) and cranio sacral to improve mobility of the hyoid and related structures in order to functionally improve laryngeal discomfort , vocal function, and breathing mechanics will be applied in session.

**More goals from other SLP's:**

1. Patient will identify irregular/dysfunctional breathing habits such as sighing, panting, and breath holding with moderate cues in 2 sessions
2. Patient will demonstrate relaxed, quiet, diaphragmatic nasal breathing while prone and/or supine in 2 sessions
3. Patient will demonstrate relaxed, diaphragmatic nasal breathing while upright with moderate cues in 3 sessions.
4. Patient will use relaxed breathing strategy to rescue from PVFM attack/hyperventilation in 4 sessions
5. Patient will demonstrate relaxed breathing during mild physical exertion (walking) in 4 sessions
6. Patient will demonstrate relaxed breathing during moderate physical exercises (jogging) in 5 sessions.
7. Patient will demonstrate relaxed breathing during extreme physical exercise (sprinting) in 6 sessions.
8. Patient will complete home program of Buteyko exercises (Comfortable pause, relaxed breathing, reduced breathing) 4 times daily and log the results in order to reduce overbreathing/hyperventilation.
9. Patient will complete Buteyko Mini pause breathing exercise to reduce symptoms 80% of the time given minimal cues.
10. Patient will be able to jog for 20 minutes without breathing through the mouth to reduce dyspnea with exercise.
11. Patient will complete interval training (running at repetition pace (sprinting) without breathing through the mouth to reduce stridor/dyspnea during races.