Overbreathing in Sport:
From Compensatory Breathing Patterns to Breathing Control During Exercise

Format: Online (Zoom webinar with interactive elements)

Subject areas: Pulmonology, orthopaedics, sports physiotherapy, sport science

Speakers

- Florian Pichler, MSc
- Eric Harbour, PhD

Content

Overbreathing during exercise is common in athletes. Yet it often goes unrecognised and is put down to poor performance or fitness. Using a case example, the webinar explains how respiratory alkalosis develops and how it affects performance and symptoms.

Florian Pichler shows which physical signs point to dysfunctional breathing, such as thoracic mobility, the cervical and thoracic spine, diaphragm function and the accessory respiratory muscles. He presents practical screening tests that allow these signs to be assessed quickly and systematically. Building on this, he demonstrates manual techniques and movement exercises that release restrictions and normalise the breathing pattern. Special attention is given to recovery: efficient breathing supports recovery after exertion and between training sessions.

In his guest lecture, Eric Harbour (Lead Scientist, Digital Motion) presents current scientific findings on breathing strategies during exercise (in English): *"Practical application of breathing strategies during exercise"*. This lecture will present the most common breathing problems in sport, potential breathing strategies to reduce such limitations during exercise, and the application of various technologies to support such breathing interventions.

Learning objectives

After the webinar, participants will be able to:

- explain how respiratory alkalosis develops during exercise
- recognise physical signs of dysfunctional breathing and assess them with screening tests
- apply selected manual techniques and movement exercises in a targeted way, including to support recovery
- evaluate the current evidence on breathing limitations, breathing techniques, and translation into therapeutic contexts

Method

- Theoretical lecture with presentation
- Case examples
- Demonstration of screening tests, manual techniques and exercises
- Discussion, exchange and Q&A

The content combines clinical practice with current scientific evidence.

Date and duration

- Wednesday, 10 February 2027
- 3 teaching units of 45 minutes each
- 18:00 to approx. 20:30 (CET), including a break

Fee

- €60.00 standard
- €45.00 for members

Target group

- Physiotherapists
- Exercise Therapist
- Physicians

Roles according to the competence profile

- Expert
- Health promoter
- Innovator

Notes: Registration is possible until 13:00 on the day of the event.