

Breathehab on-demand: Respiratory Muscle Training for Clinicians (webinar)

EARNING CE CREDIT

COURSE DESCRIPTION

This self-paced webinar is designed for clinicians seeking to provide evidence-based respiratory muscle training (RMT/RMST). Through lecture, case studies, & practice, participants explore expiratory and inspiratory muscle training (EMT/EMST and IMT/IMST), supported by literature and case vignettes. Key topics include applications, protocols, troubleshooting, device selection, & program development.

FORMAT: self-paced webinar

INSTRUCTOR: Brooke Richardson, MS, CCC-SLP

LEARNER OUTCOMES

As a result of this course, participants will be able to:

- Apply principles of strength training to respiratory muscle training
- Assess MIP & MEP for individualized therapy programming
- List 3 indications for EMT and/or IMT across a variety of diagnoses
- List 2 general contraindications / precautions for EMT and/or IMT
- Set appropriate treatment goals based on patient performance
- Select evidence-based training devices based on patient needs
- Describe steps necessary to develop an RMT program

CEUs and PDH

This course is offered for 7 PDHs (professional development hours) for **all disciplines** and is registered for 0.7 ASHA CEUs for **SLP**. Information regarding **PT** CEUs can be found on page 3 of this document. Partial credit is not offered.

COURSE COMPLETION REQUIREMENTS

In order to successfully complete the course and to receive a certificate of completion and/or for ASHA CE reporting, you must do all of the following prior to their course access expiring.

- Watch 100% of video lessons.
- Earn a score of $\geq 80\%$ on open-book, multiple-choice learning assessments at ends of course sections. If needed, you may retake a test 2 times in order to achieve a passing score.
- Complete and submit the course feedback survey.
- Complete the certificate and ASHA CE reporting form, indicating whether you want your participation reported to ASHA for CEUs.

AGENDA *may vary slightly*

- Course introduction 10 min.
- Introduction to Respiratory Muscle Training 85 min.
 - Respiratory System Anatomy and Physiology
 - Principles of Strength Training
 - Defining RMT; applying strength training principles
 - Safety & precautions
 - Lifespan considerations125 min.
- Applications in various populations including:
 - Cough
 - Dysphagia
 - Neuromuscular diseases & spinal cord injury
 - Musculoskeletal
 - Tracheostomy & ventilator
 - Voice, dysphonia, ILO/VCD/PVFM
 - Cardiac & pulmonary, prehab, and more
- Assessment; Treatment; Device selection 125 min.
- Troubleshooting & Case studies 45 min.
- Starting a program 25 min.
- Conclude 5 min.

THE INSTRUCTOR

Brooke Richardson, MS, CCC-SLP, is an accomplished Medical Speech-Language Pathologist and speaker. Since 2009, she has specialized in treating adults with complex medical needs in both acute and outpatient settings. Brooke has been pivotal in establishing successful Respiratory Muscle Training (RMT) programs across multiple hospitals and healthcare facilities. As a trusted clinical expert, she has inspired and guided clinicians worldwide through her comprehensive and interdisciplinary RMT training programs.

Disclosures: Owner of MedSLP Consultants LLC dba Breathehab, which operates this website and collects tuition. Affiliate of PrO2.



REGISTRATION



breathehab.com/on-demand

Questions / contact: support@breathehab.com



ASHA CE
APPROVED PROVIDER

The Modern MedSLP

Intermediate Level
0.7 ASHA CEUs

Course ID: 1001
ASHA CE approved through 1/1/2030

Breathehab On-demand: Respiratory Muscle Training for Clinicians

MedSLP Consultants, LLC, has partnered with CIAO Seminars to provide U.S. state board approved continuing education for PTs and PTAs. After completing the course, a post course evaluation must be completed on the course website to receive CE Credit and print a certificate. Completion date on certificate will reflect the date you submit the post course evaluation. Log-In instructions to CIAO's website will be available in the course.



CE Credit Provided through: **CIAO Seminars**

www.ciaoseminars.com

850-916-8886 phone / 850-916-8885 fax

IMPORTANT NOTE:

*PT/PTA participants can earn CE credit for this course in all 50 states. Many state approvals have already been secured; however, some states have not been pre-approved. **If your state is not listed, CIAO Seminars will facilitate the approval process when requested.** Instructions will be available within the course page after registration. If you have questions regarding CE credit in your state, please contact us prior to registering.*

CE Hours: 7

CIAO is an Illinois Approved Provider for PT/PTA Continuing Education

CIAO is recognized as an Approved Provider for PT/PTAs by the NYSE Dept State Board for PT

This activity is provided by the TX Board of PT Examiners Accredited Provider #2802009TX

This activity meets the continuing competence requirements for PT/PTA license renewal in TX

The assignment of Texas PT CCUs does not imply endorsement of specific course content, products, or clinical procedures by TPTA or TBPE. The Physical Therapy Board of California recognizes CIAO Seminars as an Approval Agency to Approve Providers Offering Continuing Competency Courses and has determined the CIAO meets the standards set forth in section 1399.95 of the California Code of Regulations.

Pre-Approved for:

7 Hrs **PT/PTAs** in CA(#CIAO26-168), IL, TX(10.5 CCUs, APTA#2802009TX)

7 Hrs. Registered with CEBroker for **PT/PTAs** in AZ, AR, GA, OK, SC, U.S. VI

8.4 Hrs **PT/PTAs** in NY

Meets Requirements for*:

PT/PTAs in AL, AK, AZ, AR, CO, CT, DC, DE, GA, HI, ID, IN, IA, KS, KY, ME, MD, MA, MI, MO, MT, NE, NH, NC, ND, OK, OR, PA, RI, SC, SD, UT, VT, VA, WA, WI, WY, U.S. VI

**Meets Requirements means either this course follows the state board rules/regulations for a CE course, or the course is approved by an entity that the state board recognizes as an approver.*

Accreditation of this course does not necessarily imply that the entities approving this continuing education support the views of the presenter or the sponsors.



CERTIFICATION

ABOUT CERTIFICATION

As of January 2026, you now have the option to add on certification to your training. This certification is specifically designed for healthcare professionals who want to integrate evidence-based respiratory muscle training into their practice. [Read details here.](#)