

BREATHING PATTERN DISORDER (BPD)

BPD is a condition where your breathing rhythm becomes irregular due to a specific trigger. These triggers can cause a change in the way we breathe, resulting in an inefficient and suboptimal breathing pattern and development of symptoms.



Who is affected?

Anyone can have BPD and it can occur at any age. Athletes are more susceptible to the development of BPD. It is estimated up to 90% of athletes experience BPD.

What are the symptoms?

Common symptoms include:

- Air hunger
- Yawning/sighing
- Chest pain or tightness
- Panic attacks
- Dizziness/fainting
- Headaches
- Cough
- Palpitations
- Weakness
- Pins and needles of fingers and toes

What causes BPD?

BPD is typically the result of multiple factors that disrupt how breathing is regulated and coordinated. It can be caused by a combination of inefficient breathing habits, such as shallow chest breathing and overbreathing, reduced tolerance to carbon dioxide, and dysregulation of the nervous system often linked to stress. These patterns can develop or be reinforced by factors like illness, injury, poor posture, or repeated high physical or performance demands.

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— AIRWAY LAB —

At Functional Airway Lab, we specialize in breathing rehabilitation for athletes and active individuals with BPD. Our approach addresses all three dimensions of breathing —biochemical, biomechanical, and psychophysiological — helping you restore calm, efficient breathing at rest, during exercise, and throughout daily life.

CONTACT US TO LEARN MORE

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