

EXERCISE-INDUCED LARYNGEAL OBSTRUCTION (EILO)

FACT SHEET

EILO is a condition in which structures of the larynx (voice box) temporarily narrow or close during intense exercise, making it difficult to breathe in. Symptoms appear suddenly at peak exertion and usually resolve within minutes of stopping activity.



Who is affected?

- EILO most commonly affects adolescents and young adults
- In the general adolescent and young adult population, the prevalence is estimated to be between 5-8%
- In elite athletes, the prevalence increases to up to 30%
- EILO typically affects females more than males

What are the symptoms?

Common symptoms include:

- Breathlessness
- Noisy breathing/inspiratory stridor
- Difficulty taking a breath in
- Cough
- Tightness in the throat or upper chest
- Cough
- Choking sensation

What are associated disorders?

While EILO is commonly misdiagnosed as exercise-induced asthma, it may also co-occur with asthma, breathing pattern disorder, as well as other conditions.

At Functional Airway Lab, we specialize in functional breathing retraining for athletes and active individuals with EILO. Rather than simply managing symptoms, we focus on restoring efficient breathing patterns and improving airway control under load. Our approach targets all three dimensions of breathing — biochemical, biomechanical, and psychophysiological — so your breathing supports, rather than limits, your training and performance.

CONTACT US TO LEARN MORE



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