

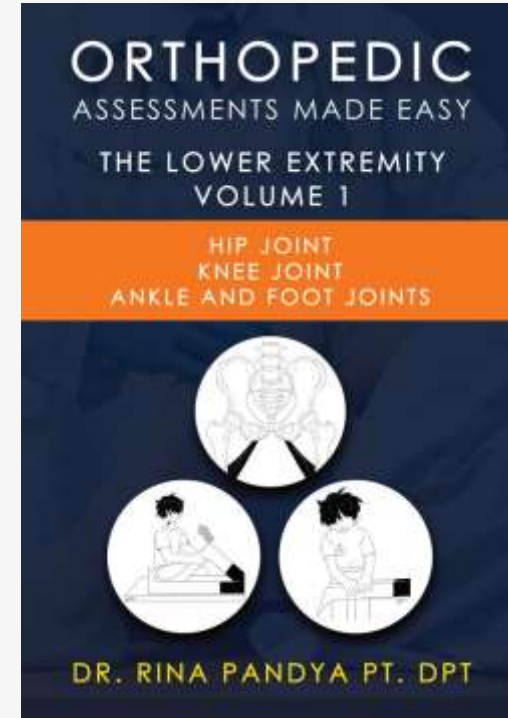
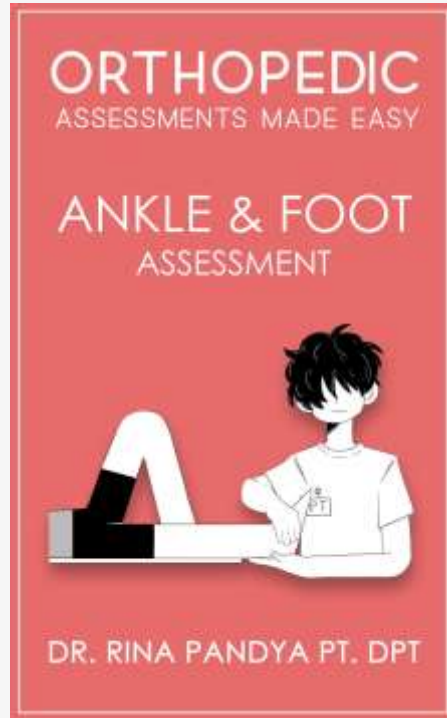
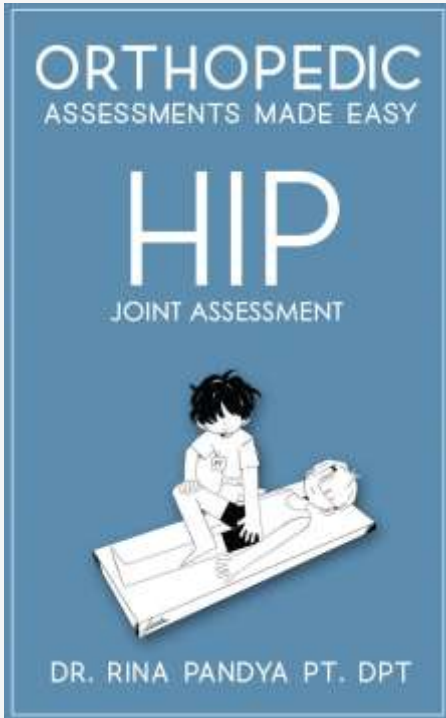
# References

- 1: Kanwal Naveen S. Bains, & Lappin, S. L. (2018, November 14). *Anatomy, Thorax, Diaphragm*. Nih.gov; StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK519558/>
- 2 : Oliver KA, Ashurst JV. StatPearls [Internet]. StatPearls Publishing; Treasure Island (FL): Dec 9, 2018. *Anatomy, Thorax, Phrenic Nerves*.
- Bordoni B, Purgol S, Bizzarri A, Modica M, Morabito B. The Influence of Breathing on the Central Nervous System. *Cureus*. 2018 Jun 01;10(6):e2724
- 3. Fayssoil A, Behin A, Ognia A, Mompoin D, Amthor H, Clair B, Laforet P, Mansart A, Prigent H, Orlikowski D, Stojkovic T, Vinit S, Carlier R, Eymard B, Lofaso F, Annane D. Diaphragm: Pathophysiology and Ultrasound Imaging in Neuromuscular Disorders. *J Neuromuscul Dis*. 2018;5(1):1-10
- 4. The Diaphragm - Actions - Innervation - TeachMeAnatomy. [Teachmeanatomy.info](https://teachmeanatomy.info/thorax/muscles/diaphragm/). <https://teachmeanatomy.info/thorax/muscles/diaphragm/>. Accessed July 30, 2020.
- 5. McCool FD, Manzoor K, Minami T. Disorders of the Diaphragm. *Clin. Chest Med*. 2018 Jun;39(2):345-360
- 6. Diaphragm Deep Breathing. [https://www.eugeneor.gov/DocumentCenter/View/14142/Diaphragmatic\\_breathing?bidId=](https://www.eugeneor.gov/DocumentCenter/View/14142/Diaphragmatic_breathing?bidId=).
- 7. Allison GT, Kendle K, Roll S, Schupelius J, Scott Q, Panizza J. *Aust J Physiother*. 1998; 44(2):95-102
- 8. Changes in pelvic floor and diaphragm kinematics and respiratory patterns in subjects with sacroiliac joint pain following a motor learning intervention: a case series. O'Sullivan PB, Beales DJ, Man Ther. 2007 Aug; 12(3):209-18
- 9. Pain and motor control of the lumbopelvic region: effect and possible mechanisms. Hodges PW, Moseley GL. *J Electromyogr Kinesiol*. 2003 Aug; 13(4):361-70.
- 10. Diagnosis and classification of chronic low back pain disorders: maladaptive movement and motor control impairments as underlying mechanism. O'Sullivan P. *Man Ther*. 2005 Nov; 10(4):242-55)
- 11. Vassilakopoulos T, Petrof BJ. Ventilator-induced diaphragmatic dysfunction. *Am J Respir Crit Care Med*. 2004;169(3):336-341.

- 12. Dres M, Dubé B-P, Mayaux J, Delemazure J, Reuter D, Brochard L, et al. Coexistence and impact of limb muscle and diaphragm weakness at time of liberation from mechanical ventilation in medical intensive care unit patients. *Am J Respir Crit Care Med* 2017;195:57–66
- 13. Orozco-Levi M, Lloreta J, Minguella J, Serrano S, Broquetas JM, Gea J. Injury of the human diaphragm associated with exertion and chronic obstructive pulmonary disease. *Am J Respir Crit Care Med* 2001;164:1734–1739
- 14. Deem S, Lee CM, Curtis JR. Acquired neuromuscular disorders in the intensive care unit. *Am J Respir Crit Care Med* 2003;168:735–739.; De Jonghe B, Sharshar T, Lefaucheur JP, Authier FJ, Durand-Zaleski I, Boussarsar M, Cerf C, Renaud E, Mesrati F, Carlet J, et al. Paresis acquired in the intensive care unit: a prospective multicenter study. *JAMA* 2002;288:2859–2867.)
- 15. Petrosyan M, Shah AA, Chahine AA, Guzzetta PC, Sandler AD, Kane TD. Congenital paraesophageal hernia: Contemporary results and outcomes of laparoscopic approach to repair in symptomatic infants and children. *J. Pediatr. Surg.* 2019 Jul;54(7):1346-1350.
- 16. Newbury A, Dorfman JD, Lo HS. Imaging and Management of Thoracic Trauma. *Semin. Ultrasound CT MR.* 2018 Aug;39(4):347-354
- 17. Zergeroglu MA, McKenzie MJ, Shanely RA, Van Gammeren D, DeRuisseau KC, Powers SK. Mechanical ventilation-induced oxidative stress in the diaphragm. *J Appl Physiol* 2003;95:1116–1124.
- 18. Mouth breathing and forward head posture: effects on respiratory biomechanics and exercise capacity in children. Okuro RT, Morcillo AM, Ribeiro MÂ, Sakano E, Conti PB, Ribeiro JD, *J Bras Pneumol.* 2011 Jul-Aug; 37(4):471-9
- 19. Spinal respiratory motoneurons and interneurons. Lane MA. *Respir Physiol Neurobiol.* 2011 Oct 15; 179(1):3-13

- 20. Coexistence of stability and mobility in postural control: evidence from postural compensation for respiration. Hodges PW, Gurfinkel VS, Brumagne S, Smith TC, Cordo PC. *Exp Brain Res*. 2002 Jun; 144(3):293-302.
- 21. Effect of different sitting postures on lung capacity, expiratory flow, and lumbar lordosis, Lin F, Parthasarathy S, Taylor SJ, Pucci D, Hendrix RW, Makhsous M, *Arch Phys Med Rehabil*. 2006 Apr; 87(4):504-9
- 22. Functional movement and breathing dysfunction..Chaitow L. *J Bodyw Mov Ther*. 2016 Jul; 20(3):455-6.
- 23. Coexistence of stability and mobility in postural control: evidence from postural compensation for respiration.,Hodges PW, Gurfinkel VS, Brumagne S, Smith TC, Cordo PC. *Exp Brain Res*. 2002 Jun; 144(3):293-302
- 24. Michael S, Erik S, Udo S: Thieme-Atlas of Anatomy, New York: Thieme Stuttgart, 2006, pp 130–137. Support CenterSupport Center
- 25.Panjabi, M.M. Clinical spinal instability and low back pain. *J. Electromyogr. Kinesiol*. 13:371-379, 2003.
- 26. Bech-Hanssen G, ed. Why Your Diaphragm Could Be the Core Strength Game-Changer You've Overlooked. *yoga journal*; Sep 28, 2018 ORIGINAL:Nov 7, 2017.
- 27. Yoga Poses — YOGABYCANDACE. *Yogabycandace.com*. <https://www.yogabycandace.com/yoga-poses>. Accessed July 30, 2020.
- 28. Strengthening and stretching routine for the diaphragm. *Humankinetics.com*. <https://us.humankinetics.com/blogs/excerpt/strengthening-and-stretching-routine-for-the-diaphragm>. Accessed July 30, 2020.
- 29. Wu, C.-J., Lai, C.-Y., Ting, Y.-L., & Chang, C.-J. (2025). Paradoxical Motion of the Chest Wall. *Journal of Emergency Nursing*, 51(1), 27–29. <https://doi.org/10.1016/j.jen.2024.09.009>
- 30. Daniel Martin, A., Smith, B. K., & Gabrielli, A. (2013). Mechanical ventilation, diaphragm weakness and weaning: A rehabilitation perspective. *Respiratory Physiology & Neurobiology*, 189(2), 377–383. <https://doi.org/10.1016/j.resp.2013.05.012>
- 31:Powers, S. K. (2024). Ventilator-induced diaphragm dysfunction: phenomenology and mechanism(s) of pathogenesis. *The Journal of Physiology*, 602(19), 4729–4752. <https://doi.org/10.1113/JP283860>

- 31 Karunaratna, I., De Alvis, K., Gunasena, P., & Jayawardana, A. (2024). Managing difficulties in ventilator weaning.
- 32 : Liu, H., Wiedman, C. M., Lovelace-Chandler, V., Gong, S., & Salem, Y. (2023). Deep Diaphragmatic Breathing—Anatomical and Biomechanical Consideration. *Journal of Holistic Nursing*, 42(1), 089801012211498. <https://doi.org/10.1177/08980101221149866>
- 33: Bell, D., & Jones, J. (2009). Diaphragm. *Radiopaedia.org*. <https://doi.org/10.53347/rid-5764>



[www.physiotherapyonline.net](http://www.physiotherapyonline.net)

[Rina@physiotherapyonline.net](mailto:Rina@physiotherapyonline.net)

Facebook: Physiotherapy Online

Insta: SmartPT Academy



Physiotherapy Online

[www.rina-pandya.co.uk](http://www.rina-pandya.co.uk)