

The Athletic Nose: Nasal Breathing For Sporting Performance

A lecture by Gwynn Wallace

Wednesday 21st February 2024

(Tea and coffee served from 5.45pm)

Lillingstone Mind and Body Zone, ek robotics Sports Campus, Royal Latin School.

Recently there has been a lot of attention focused on mouth taping (Erling Haaland & Iga Swiatek). This has led to a wider discussion around the debate around mouth and nasal breathing and their relative impact on health and wellbeing. The current paradigm is that you should breathe orally whilst exercising. However, breathing issues such as exercise-induced asthma are the greatest non-injury related reason why athletes seek medical attention. In this lecture Gwynn will discuss the importance of nasal breathing and its potential benefits within the sporting arena.

Gwynn is a qualified Chartered musculoskeletal physiotherapist of 23 years and has had an interest in dysfunctional breathing for 20 of those. He worked in the NHS and the RAF as a commissioned physiotherapist. During this time in the military, he worked with several RAF sports teams where he was able to introduce the concept of dysfunctional breathing and highlight its potential impact on sporting performance. In 2018 he led the specialist rehabilitation team at the military's main rehabilitation centre at Stanford Hall. Here he introduced dysfunctional breathing assessment and treatments, which subsequently proved to be one of the cornerstones in treating service personnel who were struggling to recover from COVID 19. He retired from the RAF in February 2022 and has been working in his practice as the "Breathing Mechanic".



Entry to these lectures is free to all members of the local community. For further details, or to book a seat, contact Lucy Beckett at lbeckett@royallatin.org or on 01280 827306