# Respiratory Muscle Strength Training: Theory and Practice (Here's How)

*Christine Sapienza*
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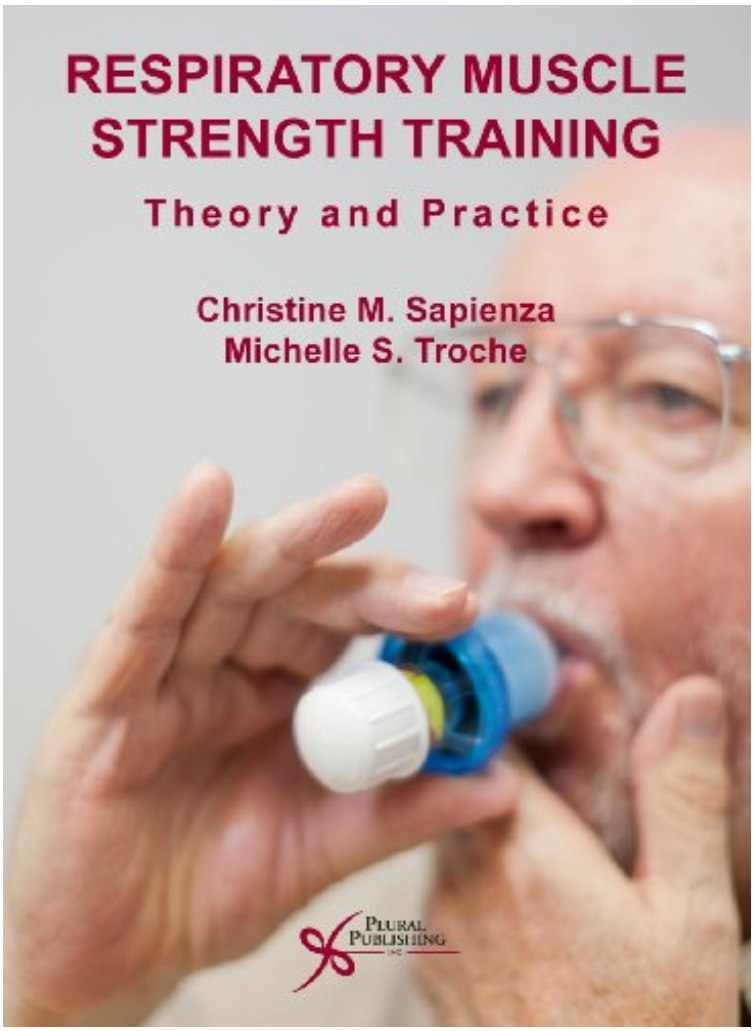




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**Christine Sapienza : Respiratory Muscle Strength Training: Theory and Practice (Here's How)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Respiratory Muscle Strength Training: Theory and Practice (Here's How):

1 of 1 people found the following review helpful. A Technical manual.By Daniel M. HaywardThis is a technical training manual. It is interesting only in a technical way. It is not that helpful to the casual customer (such as myself).

Respiratory muscle training (RMST) programs are of great interest to the community of speech language pathologists since they function as rehabilitative strategies in many individuals. It is imperative that clincians be taught the specific

parameters that can be manipulated to change training effects, as well as studying issues of training length and the consequences of detraining, which occurs when therapy has terminated. Critics will agree that there are no other materials like this one on the market; something pocket-sized and easily accessible so that clinicians can refer to it daily. The book will also be full of useful illustrations, demonstrating step-by-step processes on how to manipulate the device and finish training.

About the AuthorChristine Sapienza, Ph.D., is a Professor and Chair in the Department of Speech, Language, and Hearing Sciences at the University of Florida, Gainesville, Florida. She also is a research career health scientist at the Malcom Randall VA in Gainesville, Florida, with the Brain Rehabilitation Research Center.Dr. Sapienza received her Ph.D. from the State University of New York at Buffalo in 1993 in speech and voice science, and her current research interests are disordered voice production, treatment of neuromotor disorders, defining outcomes of strength training paradigms, and integrating basic physiological techniques to study rehabilitation strategies.Her most recent work focuses on the use of strength training paradigms in multiple populations, including Parkinson s disease, voice disorders, spinal cord injury, and multiple sclerosis. She maintains an active research laboratory with four current Ph.D. students. She has several active grants, including an NIH/NCMMR R21 and a VA Merit . She has over 100 publications and 150 lectures, presentations, and workshops to date.