



- Associate Professor
- Director, Exercise Breathing Center
- Division of Pediatric Pulmonary Medicine
- Department of Pediatrics
- Division of Pulmonary, Critical Care & Sleep Medicine
- Department of Medicine

### Conditions Treated:

- *Dyspnea (Shortness of Breath)*
- *Exercise Intolerance in Children*
- *Exercise-Induced Laryngeal Obstruction (EILO)*
- *Exercise-Induced Asthma (EIA)*

### Research Areas:

- *Vocal Cord Dysfunction (VCD)*
- *Dyspnea on Exertion*
- *Exercise Intolerance in Children*
- *Exercise-Induced Laryngeal Obstruction (EILO)*
- *Exercise-Induced Asthma (EIA)*

### Programs & Services:

- *Department of Medicine*
- *Exercise & Performance Breathing Center*
- *Department of Pediatrics*
- *Division of Pulmonary, Critical Care and Sleep Medicine (Adult)*
- *Division of Pediatric Pulmonary Medicine*
- *EILO/VCD Program*

Dr. Tod Olin is a pulmonologist and director of the Exercise Breathing Center at National Jewish Health. He has published in the area of pediatric airways disease, as well as in the area of high-performance exercise limitation. He is specifically interested in helping children and adults exercise safely and comfortably, whether sick or well, fit or obese, toddlers or Olympic-level athletes. Most recently, he has invented two novel therapies for exercise-induced laryngeal obstruction (also known as vocal cord dysfunction), a condition for which Dr. Olin is considered a global leader. The first of these interventions, a procedure known as therapeutic laryngoscopy during exercise, was published in the fall of 2016. The second innovation, a series of breathing techniques known as the Olin EILOBI breathing techniques, was published in 2017. Dr. Olin also sees the value in working with sporting bodies to promote population health and works with multiple local and national sporting bodies.

### Board Certification

2008: Pediatrics  
2012: Pediatric Pulmonology

### Education

1993 - 1998 Rice University, Houston, Texas, Biology  
2001 - 2005 University of Texas Health Science Center at San Antonio, Medicine  
2009 - 2011 University of Colorado, Denver, Colorado, Masters of Clinical Sciences

### Residency

2006 - 2008 University of Colorado, Denver, Colorado, Pediatrics

### Fellowship

2008 - 2011 University of Colorado, Denver, Colorado, Pediatric Pulmonology

### **Affiliations with the University of Colorado Denver**

Appointment as Assistant Professor, University of Colorado Denver

### **Professional Memberships**

American Thoracic Society  
American College of Sports Medicine

### **Publications**

Olin JT, Clary MS, Fan EM, Johnston KL, State CM, Strand M, Christopher KL. Continuous laryngoscopy quantitates laryngeal behavior in exercise and recovery. *Eur Respir J.* 2016 Oct;48(4):1192- 1200. doi: 10.1183/13993003.00160-2016. PMID: 27418554

Olin JT, Deardorff EH, Fan EM, Johnston KL, Keever VL, Moore CM, Bender BG. Therapeutic Laryngoscopy During Exercise: A Novel Non-Surgical Therapy for Refractory EILO. *Pediatr Pulmonol.* 2016 Oct 31. doi: 10.1002/ppul.23634. PMID: 27797458

Hargrove AE, Hargrove MB, Olin JT. Therapeutic Laryngoscopy during Exercise for Treatment of Refractory Exercise-induced Laryngeal Obstruction: A Personal Experience. *Ann Am Thorac Soc.* 2016 Dec 28. doi:10.1513/AnnalsATS.201612-948OR. PMID: 28029805

Johnston KL, Bradford H, Hodges H, Moore CM, Nauman E, Olin JT. The Olin EILOBI Breathing Techniques: Description and Initial Case Series of Novel Respiratory Retraining Strategies for Athletes with Exercise-Induced Laryngeal Obstruction. *J Voice.* 2018 Nov; 32 (6): 698-704. PMID: 29050661

Olin JT, Westhoff CE. Exercise-Induced Laryngeal Obstruction and Performance Psychology: Using the Mind as a Diagnostic and Therapeutic Target. *Immunol Allergy Clin North Am.* 2018 May;38(2):303-315. PMID: 29631738

### **Doctor's Contact Information**

Office: 877.225.5654  
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### **Locations**

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1400 Jackson St.

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