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EILOBI techniques.

“The use of real-time video data from a continuous laryngoscopy allowed us to design a series of three breathing techniques that help athletes open their obstructed airways during high-intensity exercise,” said Dr. Olin.

Each of the breathing techniques described in the research focus on precisely and intentionally changing airflow during the inhalation part of breathing. The “tongue variant” involves breathing in evenly between the nose and mouth. The “tooth variant” requires patients to generate high inhaling resistance by forcibly taking air in through their teeth, then quickly opening their mouth allowing air to flow freely. The third variant is the “lip variant” in which air is initially inhaled through pursed lips and then the mouth is abruptly opened, dropping resistance and allowing air to rush through the mouth.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 119 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the media resources page.

**Media Contacts**

Our team is available to arrange interviews, discuss events and story ideas.

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