

THE  
**BREATHE  
 COURSE**  
*with Dr Soroush Zaghi*



**DAY 1**

**WED MARCH 4TH**

- 8:00 **PART 1: INTRODUCTION:**  
HOW WE LEARN / HOW WE BREATHE
- 8:45 **BREAK**
- 8:55 **PART 2A: IMPACT ON TONGUE- TIE ON**  
SPEECH, CHEWING , SWALLOW, ORAL  
HYGIENE, SINGING, AND POSTURE
- 9:55 **BREAK**
- 10:05 **PART 2B: IMPACT ON TONGUE- TIE**  
ON SPEECH, CHEWING , SWALLOW,  
ORAL HYGIENE, SINGING, AND  
POSTURE
- 11:00 **BREAK**
- 11:10 **PART 3: HOW TO ASSESS FOR**  
ANKYLOGLOSSIA/ ANTERIOR VS.  
POSTERIOR TONGUE- TIE
- 12:15 **LUNCH BREAK**
- 1:15 **PART 4: HOW TO ASSESS FOR**  
ADEQUATE TONGUE-SPACE
- 2:30 **BREAK**
- 2:45 **PART 5: BREATHE MYO**  
ASSESSMENT + PRE AND POST-  
OPERATIVE MYOFUNCTIONAL  
PROTOCOLS
- 4:45 **INTRO TO HUB- NORI NOROUZ**
- 5:00 **Q&A / END OF DAY 1**
- 6:00 **AFTER HOUR EVENT- SOUND**  
BATH

**DAY 2**

**THU MARCH 5TH**

- 8:00 **PART 6A: FUNCTIONAL APPROACH**  
TO FRENULOPLASTY: STEP BY STEP  
SURGICAL AND ANATOMICAL  
REVIEW
- 9:00 **BREAK**
- 9:15 **PART 6B: FUNCTIONAL APPROACH**  
TO FRENULOPLASTY: STEP BY STEP  
SURGICAL AND ANATOMICAL  
REVIEW
- 10:30 **BREAK**
- 10:45 **PART 7: HOW TO SCREEN FOR**  
PEDIATRIC SLEEP AND BREATHING  
WITH THE FAIREST 6
- 12:00 **LUNCH BREAK**
- 1:00 **PART 8: ESTABLISHING NASAL**  
BREATHING: A STEP BY STEP  
PROTOCOL
- 2:00 **PART 9: MULTIFACTORIAL**  
CONSIDERATIONS FOR ADULTS  
WITH FAIREST 6 + 4
- 3:15 **BREAK**
- 3:30 **NON-ABLATIVE & ABLATIVE**  
LIGHTSCALPEL CO2 LASER  
APPLICATIONS & INTRODUCTION TO  
THE WET LAB- DR. PETER VITRUK
- 5:30 **HAND ON LASER WET LAB- DR.**  
PETER VITRUK AND LIGHT SCALPEL  
TEAM
- 6:00 **AFTER HOUR EVENT- HAPPY**  
HOUR RECEPTION WITH LIGHT  
SCALPEL + TBI

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**DAY 3**

**FRI MARCH 6TH**

- 8:00 **PART 10A:** PHYSIOLOGY OF SLEEP DISORDERED BREATHING AND INTRODUCTION OF INTERPRETATION OF SLEEP STUDIES
- 8:55 **BREAK**
- 9:05 **PART 10A:** PHYSIOLOGY OF SLEEP DISORDERED BREATHING AND INTRODUCTION OF INTERPRETATION OF SLEEP STUDIES
- 10:05 **PART 11:** TREATMENT OPTIONS: STRUCTURAL VS. FUNCTIONAL APPROACH
- 11:00 **PART 12:** NON-ABLATIVE LASER TISSUE REMODELING FOR SOFT PALATE TIGHTENING
- 11:20 **BREAK**
- 11:30 **PART 13:** ASSESSMENT OF PARTICIPANT SLEEP STUDIES / & CT SCANS
- 12:45 **LUNCH BREAK**
- 1:45 **PART 14:** BREATHE MAX PROTOCOLS -DR. KEVIN COPPELSON
- 3:50 **BREAK**
- 4:00 **PART 15:** BREATHE OPS: BEST PRACTICES FOR IMPLEMENTATION AND PROTOCOL INTEGRATION - **LEYLI NOROUZ-KNUTSEN & JEN RODRIGUEZ**
- 5:00 **AFTER HOUR EVENT-** ASK THE TEAM – AN “ALIGNMENT” MIXER

**DAY 4**

**SAT MARCH 7TH**

- 8:00 **PART 16:** OPTIMIZING GROWTH AND DEVELOPMENT: INFANTS & CHILDREN - **DR. NORA GHODOUSI-ZAGHI**
- 9:15 **BREAK**
- 9:30 **LIVE SURGERY**
- 10:30 **PART 17A:** SURGICAL TECHNIQUES AND EXAMPLES – PEDIATRIC BEHAVIOR MANAGEMENT, SEDATION, LASER, SIMPLE TO COMPLEX ADULTS
- 11:30 **BREAK**
- 11:45 **PART 17B:** SURGICAL TECHNIQUES AND EXAMPLES – PEDIATRIC BEHAVIOR MANAGEMENT, SEDATION, LASER, SIMPLE TO COMPLEX ADULTS
- 12:30 **LUNCH BREAK & GROUP PHOTO**
- 1:00 **PART 18** SUTURE TRAINING REVIEW AND PRACTICE
- 2:00 **PART 19:**CURRENT TBI RESEARCH AND PROTOCOL UPDATES: WOUND HEALING, KENALOG, SERRAPEPTASE, LIP, AND BUCCAL TIES
- 2:30 **PART 20:**A BRIEF HISTORY OF CASE & CLINICAL STUDIES
- 3:30 **Q&A / END OF DAY 4**
- 3:45 **AFTER HOUR EVENT-** TBI TOAST & TAKE AWAYS