

# CONTENTS

List of figures	vii
List of tables	ix
List of contributors	x
Foreword	xvii
Peter Brukner	
Prologue: <i>Why bother monitoring and optimising breathing issues in athletic individuals?</i>	xix
John W. Dickinson and James H. Hull	
1 The respiratory system and exercise	1
Karl P. Sylvester	
2 Respiratory limitations to exercise	16
Joseph F. Welch, Bruno Archiza and A. William Sheel	
3 The environment and its impact on respiratory health	27
Michael Koehle	
4 Epidemiology and pathophysiology of exercise-induced bronchoconstriction in athletes	41
Pascale Kippelen and Andrew Simpson	
5 Diagnosis of exercise-induced bronchoconstriction	55
Oliver J. Price, John W. Dickinson and John D. Brannan	
6 Pharmacological treatment of asthma-related issues in athletes	75
Matteo Bonini and James H. Hull	



7	Non-pharmacological management of asthma-related issues in athletes	86
	<i>Neil C. Williams, Michael A. Johnson, Emily M. Adamic and Timothy D. Mickleborough</i>	
8	Nasal problems in the athlete	99
	<i>Guy Scadding</i>	
9	Exercise-induced laryngeal obstruction	119
	<i>J. Tod Olin and Emil S. Walsted</i>	
10	Dealing with respiratory infection in athletes	132
	<i>James H. Hull and Glen Davison</i>	
11	Breathing pattern disorders in athletes	147
	<i>John W. Dickinson and Anna Boniface</i>	
12	Role of respiratory muscle training to treat exercise respiratory symptoms	170
	<i>Hege Havstad Clemm and John W. Dickinson</i>	
13	Epilogue: Bringing it all together to optimise athlete respiratory care	182
	<i>John W. Dickinson, Jon Greenwell and James H. Hull</i>	
	<i>Acknowledgements</i>	197
	<i>Index</i>	198