



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

*Christine Sapienza*

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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 clinicians 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.

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