

BOOK REVIEW

Ewa Małgorzata Skorek & Mira Rządzka, *Profilaktyka i terapia dysfunkcji oddechowych u dzieci* (Prevention and Therapy of Breathing Dysfunctions in Children). Published by Oficyna Wydawnicza Uniwersytetu Zielonogórskiego, Zielona Góra 2011. ISBN: 978-83-7481-370-9, pp. 154, first edition

The publication is a study of the phenomenon of breathing exercises applied in normal, day-to-day functioning. The issue of breathing exercises used in prevention and therapy of children has been discussed in the subject-matter literature, yet a certain gap may be observed particularly in the practical area. The authors, on the basis of their experience and with passion, thoroughly elaborate on the issues related to the physiology of breathing and the determinants of normal and disturbed speech development on the basis of contemporary research. The structure of the book comprises 9 chapters, in which an interesting theoretical and practical approach to the phenomenon of breathing dysfunctions is presented.



Chapter I discusses the physiology and the types of breathing. Three types of breath and breathing are characterized on the basis of the concepts of various authors (among others J. Kram, I. Styczek, A. Prusze-wicz, K. Gawęda, J. Łazewski, K. Maksymowicz, G. Gunia). Chapter II presents detailed information concerning the normal development of the function of breathing in children.

Chapter III presents various forms of breathing disorders. According to Ewa M. Skorek, "breathing dysfunctions must be eliminated, since they constitute not only an obstacle in correct speech, but also pose a threat to children's health and may exert a significant impact on the retardation of their development" (2011, pp. 21-22). As some of the most frequent forms of breathing disorders in children, the following are discussed in the book: dysfunctions caused by contractions of the muscles of the respiratory system (in particular the diaphragm), flat or incomplete breathing, the short exhalation phase, increased muscle tension in children with dy-

Ewa Małgorzata Skorek & Mira Rządźka, *Profilaktyka i terapia dysfunkcji oddechowych u dzieci (Prevention and Therapy of Breathing Dysfunctions in Children)*.

Published by Oficyna Wydawnicza Uniwersytetu Zielonogórskiego, Zielona Góra 2011.

ISBN: 978-83-7481-370-9, pp. 154, first edition

JSLP 2011, Volume 1, Issue 1, 66-67

sarthria or a hearing impairment, palatolalia, occlusal problems, Down syndrome or others.

The causes of breathing dysfunctions as well as the results of the research conducted by Mira Rządźka are presented in Chapter IV. The author reviews the consequences of breathing dysfunctions, among others: hypotonia of the orbicularis oris muscle, lip failure, flaccidity of cheek muscles, inappropriate resting position of the tongue, intensification of speech disorders, infection of the respiratory system, occlusal problems, bad posture, disturbed air economy, short inhaling and exhaling phases, limited functioning of the diaphragm or insufficient oxygenation of the nervous system.

The suggested prevention and therapy program for infants and small children with breathing dysfunctions seems to be particularly valuable and efficient.

While analyzing the specialist literature, it has been observed that the use of breathing exercises while working with children constitutes a priority issue. On the basis of various resources, Ewa M. Skorek has developed typical goals of breathing exercises for normally developing children (2011, pp. 40-41). A similar study in the form of a table presents various breathing exercises depending on the type of disorder (2011, p.44).

Chapter VIII presents various types of breathing exercises classified by Ewa M. Skorek depending on particular authors, characterized and illustrated by numerous examples of exercises and games. The author stresses that while selecting exercises for children with speech disorders, the type of the dysfunction should be taken into account and the exercises should be adjusted to children's individual needs and abilities. The principles of conducting breathing exercises are presented in Chapter IX.

The publication contains a glossary of specialist terms, which may be of particular interest to speech therapists and pedagogues. Moreover, the accompanying, extensive bibliography contributes to the value of the publication, and samples of exercises developed by the students of the Postgraduate Course in Pedagogical Therapy at the University of Zielona Góra certainly deserve special attention.

The book contains 154 pages. The fact that the contents of the book are illustrated with tables or diagrams (which organize the knowledge about breathing exercises, their typology and goals) increases its academic value.

Finally, a particular value of the book, which certainly must be recommended to speech therapists, pedagogues, students and caretakers, is rooted in its enormous background knowledge, experience and passion of its authors.

by Lidia Kataryńczuk-Mania