**Dr Bernie Bissett**

**“The place of inspiratory muscle training across various conditions: How reducing breathlessness frees our patients to do more with their lives!”**

In this whirlwind tour across a broad range of patient conditions (including ICU recovery, pre- and post- surgery, stroke, Parkinson’s Disease and COVID-19), we will cover the evidence about how inspiratory muscle training doesn’t just increase inspiratory muscle strength, it affects patient-centred outcomes like dyspnoea and quality of life. This talk is an evidence-based call-to-action to physiotherapists in all settings (hospital and community) to incorporate inspiratory muscle training into their skill repertoire and empower their patients to reclaim activity and independence in their lives.