

## AUDIENCE

This course is appropriate for Physical and Occupational Therapists and Assistants.

## CREDITS

This course meets the criteria for 20.5 contact hours (2.05 CEUs). Application has been made to the NJ Board of Physical Therapy Examiners and the PA State Board of Physical Therapy.

Approved provider by the NY State Board of Physical Therapy for 24.6 contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 20.5 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEU's does not imply endorsement of specific course content, products or clinical procedures by AOTA

NBCOT professional development provider- 20.5 PDU's

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Limited enrollment

### Massery/I Survived April 2019

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE (H) \_\_\_\_\_ PHONE (W) \_\_\_\_\_

CELL \_\_\_\_\_

Needed in the event of an emergency scheduling change

EMAIL \_\_\_\_\_

Please clearly print your email address for course confirmation

EMPLOYER \_\_\_\_\_

DISCIPLINE \_\_\_\_\_ SPECIALTY \_\_\_\_\_

HOW DID YOU HEAR OF THIS COURSE? \_\_\_\_\_

Days 1-3 \$695  Early Bird Rate \$625

USE CODE Massery2019 before Jan. 11th 2019

**ERI Rewards.** I am registering for my 4th course since January 2009 and applying \$100 credit to the tuition.

*Education Resources, Inc. reserves the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.*

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## FACULTY

Dr. Massery received her BS in Physical Therapy from Northwestern University in 1977, her DPT from the University of the Pacific in 2004 and her DSc from Rocky Mountain University in 2011. Her publications and interests focus on linking motor behaviors to breathing and/or postural mechanics in both pediatric and adult patient populations.

Dr. Massery has been invited to give over 900 professional presentations in all 50 US states and 16 countries worldwide, including more than 100 presentations for the **American Physical Therapy Association**, and a full-day post-conference program at the **World Congress of Physical Therapy** in Singapore. Mary has delivered keynote and major addresses on topics such as cystic fibrosis and posture, neuromuscular deficits, pectus excavatum (chest deformities), and connections between posture & breathing.

Mary has received national awards from the APTA, including its highest clinical award, **The Florence Kendall Practice Award**, honoring "one's outstanding and enduring contributions to the practice of physical therapy." She has been honored as **Outstanding Alumnus of the Year** by each of her 3 alma maters. And in 2016, she was awarded **Northwestern University's Alumnae Research Achievement Award**. Mary continues to maintain a private practice in Chicago, specializing in breathing and postural dysfunction.

**Financial disclosures:** Mary Massery receives a speaking fee from Education Resources and from the sale of her DVD's.

**Non-Financial:** She has no non-financial relationships to declare

## TESTIMONIALS

"Funny, lively, excellent, enthusiastic instructor! To learn from someone like Mary makes me proud to be a PT. We are so lucky to have her knowledge and teaching capabilities for multidisciplinary programs. Thank you! You are awesome and inspirational. I'm ready to use this stuff NOW!" M.S. PT, Burlington, VT

"You are the kind of person that makes me proud to be in health care. You are thoughtful and energetic, and innovative, and you have a warm heart that leads your path. And, best of all, I had the opportunity to be a real "student", learning and listening from one who has the gift of teaching." W.W. MD (Adult Pulmonologist), Wilkes-Barre, PA

## I Survived, Now What?

*Treating the Musculoskeletal Consequences of Maturing with a Chronic Health Condition*



Mary Massery PT, DPT, DSC  
And Faculty

April 12-14, 2019 - Livingston, NJ

*"There is not a single school based PT in this class, whose practice you have not forever changed because of your material. Thank you."  
M.M. PT, Lansing, MI*

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## COURSE DESCRIPTION

Children with medical problems and/or physical disabilities are surviving to adulthood. Adults with chronic health conditions are living longer. As these patients "survive" their health conditions, atypical breathing patterns and atypical postural control strategies often develop and cause repetitive stress on the musculoskeletal system. The consequences can be chronic pain, inefficient motor plans, and/or physical dysfunction, all which limit health and participation. Current research supports this paradigm, showing a higher incidence of chronic pain and decreased quality of life among children and adults with long-term health conditions. The focus of this course is on identifying, treating, anticipating/preventing common consequential spinal and rib cage restrictions: thoracic kyphosis, scoliosis, pectus deformities, rib flares, asymmetries, tightness, etc. These musculoskeletal restrictions can limit breathing (health) and/or shoulder, trunk, and hip/pelvis mobility (participation). Labs present manual therapy techniques (soft tissue techniques, joint mobilizations) and neuromotor re-education techniques. While Dr. Massery's primary focus is on pediatrics and young adults, the material is pertinent across the whole lifespan.

## COURSE OBJECTIVES

Upon completion of this course, you will be able to:

- Describe the relationship between chronic health conditions (pediatric & adult), atypical motor plans for breathing and/or postural stability, and the development of secondary musculoskeletal deficits.
- Screen for musculoskeletal abnormalities, inadequate core stabilization strategies and compensatory breathing patterns that may contribute to the abnormal alignment of the rib cage, trunk and/or spine secondary to pediatric and adult chronic health conditions.
- Develop and demonstrate musculoskeletal mobilization and soft tissue techniques of the rib cage, trunk and spine to correct or minimize these deformities.
- Develop subsequent treatment plans for neuromuscular retraining that is focused on simultaneously optimizing breathing, core stabilization and postural development across the lifespan in order to minimize long-term secondary postural impairments.

## SCHEDULE DAY ONE

**Focus: Breathing and its relationship to postural development**

- 8:00-8:30 Registration/Continental Breakfast
- 8:30-9:00 Overview of course topics
- 9:00-10:15 Adverse postural development related to maturing around a chronic health condition
- 10:15-10:30 Break
- 10:30-12:00 Breathing: I don't have a clue how to evaluate breathing... Well, now you will! (musculoskeletal support for posture and respiration)
- 12:00-1:00 Lunch (on your own)
- 1:00-2:00 **LAB:** Core muscles: Assessing mid trunk control: diaphragm, intercostals & abdominals
- 2:00-3:15 Assessing breathing patterns and postural relationships
- 3:15-3:30 Break
- 3:30-4:15 **LAB** Breathing measurements, wrap up
- 4:15-5:30 **LAB** Rib cage, shoulders, trunk, pelvis: musculoskeletal assessment and interventions: Screening functional trunk mobility in stance: ribs, spine, shoulders

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## SCHEDULE DAY TWO

**Focus: The rib cage: assessment and treatment of consequential problems**

- 8:00-8:30 Continental Breakfast
- 8:30-9:00 Review, synthesis and Q&A
- 9:00-9:30 Matthew Case Study: Long term management of spine, posture & breath support
- 9:30-10:15 **LAB** Detailed trunk mobility screening in sidelying
- 10:15-10:30 Break
- 10:30-12:00 **LAB** Rib mobilizations & soft tissue techniques
- 12:00-1:00 Lunch (on your own)
- 1:00-1:45 Trent Case Study: Scars and restricted fascia
- 1:45-3:00 **LAB** Quadratus lumborum & other techniques
- 3:00-3:15 Break
- 3:15-4:45 **LAB** Trunk/Postural control: Therapeutic exercises
- 4:15-5:30 Patient demonstration

## COURSE REQUIREMENTS

**Required attire for labs:** Please wear attire where a lab partner can see your rib cage and trunk, such as tank tops, sports bras, etc. Loose comfortable pants such as yoga pants, sweat pants, etc. are also recommended.

Hair clips or pony tail bands are needed for long hair in labs.

Participants not wearing lab clothes are invited to come and observe.

Participants need one beach towel one bath towel and one pillow each. Please fee free to bring a yoga mat.

## SCHEDULE DAY THREE

**Focus: The thoracic spine: assessment and treatment of consequential problems**

- 8:00-8:30 Continental Breakfast
- 8:30-9:00 Review, synthesis and Q&A
- 9:00-10:15 The Spine
- 10:15-10:30 Break
- 10:30-12:00 **LAB** Thoracic spine mobilizations
- 12:00-12:45 Lunch (on your own)
- 12:45-2:15 **Lab:** Thoracic spine mobilizations & dynamic neuromotor re-education techniques
- 2:15-3:00 Kristy Case Study: Long term consequences of survival

## LOCATION & ACCOMMODATIONS

Please visit our website for a listing of suggested hotels

April 12-14, 2019 - New Jersey

CP of North Jersey



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