

LINKED: Breathing & Postural Control (Part-1 of Mary Massery's full 3-day "LINKED" COURSE)

Dr. Mary Massery, PT, DPT, DSC

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 in 18 countries worldwide, including more than 100 presentations for the American Physical Therapy Association. Mary's research pioneered the concept of managing trunk pressures as a new way to visualize core stabilization. She has delivered keynote and major addresses on topics such as cystic fibrosis and posture, pectus excavatum (chest deformities), connections between posture & breathing, and PNF (proprioceptive neuromuscular facilitation). 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 universities. She was also 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.

About this Course

This course, developed by Mary Massery, proposes a new definition of "core stability;" redefining it as the dynamic control of trunk pressures to optimize postural stability (balance). Dr. Massery's novel "soda pop can model" links breathing mechanics (including the vocal folds), to postural control using multi-system interactions. Part-1 lays foundational information and presents numerous quick interventions utilizing positioning and ventilatory strategies. Clinical cases will be used throughout the day to illustrate concepts. The course is applicable and for any pediatric or adult patient (or therapist) who breathes! Participants are encouraged to follow up later with "LINKED Part-2," a two-day in-person lab course, assessing "normal" breathing patterns, and learning neuromotor breathing retraining techniques, and manual assistive cough techniques

Objectives

- Describe how trunk pressures link breathing and postural control using the Soda Pop Can Model.
- Describe the multiple, simultaneous roles of the diaphragm as related to breathing, postural control, gastroesophageal reflux, constipation, and venous return.
- Demonstrate the role of the vocal folds in normal postural stability responses (balance) and make the case for using speaking valves for patients with tracheostomies.
- Position patients for optimal physiological and biomechanical support of breathing with simple equipment (towels, pillows, etc.).
- Use a ventilatory strategy algorithm presented in class to optimally match breathing with movements from bed mobility to athletic endeavors.
- Apply concepts to a wide variety of patient populations from infancy to geriatrics.

Audience

Designed for PTs, PTAs, OTs, OTAs, COTA, SLPs

Schedule Day 1

9:10 am to 2:20 pm EST (US)

- 9:10 – 9:30** Webinar Registration/Zoom Course Opens
- 9:30 – 10:00** Discussion
Class starts: Overview of course topics & logistics
- 10:00 – 11:30** Lecture
Breathing and Posture: Part 1 - Pressure control (Soda pop model)
- 11:30 – 11:40** Break
- 11:40 – 1:10** **LAB:** Positioning strategies: What can you do in 90 Seconds or less that has a profound and lasting effect?
- 1:10 – 1:20** Break
- 1:20 – 2:15** Lecture
Breathing: Part 2 - The Diaphragm
- 2:15 – 2:20** Discussion and Q&A
- 2:20** Class Ends – Instructor will stay to answer questions

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Schedule Day 2

9:10 am to 1:15 pm EST (US)

- 9:10 – 9:30** Webinar Registration/Zoom Course Opens
- 9:30 – 9:50** Pearls, sleep homework, Q&A
- 9:50 – 11:00** Breathing:
Part 3 - The Vocal Folds
- 11:00 – 11:15** Break
- 11:15 – 12:45** **LAB:** Ventilatory or movement strategies: Integrating neuromuscular, musculoskeletal, respiratory and sensory systems
- 12:45 – 1:00** Clinical Applications and Q&A
- 1:05 – 1:15** Summary, next week's homework, further studies, Q&A
- 1:15** Class Ends – Instructor will stay to answer questions

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Credits

This course meets the criteria for 8 contact hours (0.8) CEUs, Intermediate Level. This course meets the criteria for 8 contact hours (.8CEUs), Intermediate Level.



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Approved Provider for the **FL** Occupational Therapy Association CE Broker for 9.5 CE Hours, This course meets the approval of the **TX** Board of OT Examiners



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.8 ASHA CEUs

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The learning assessment for this course was successfully completed and approved for 8 clock hours of continuing education credit by the **TX** Speech-Language-Hearing Association.

Meets the basic criteria of the **MD** Board of Physical Therapy Examiners for 0.8 CEUs.

Approved by the **MN** Board of Physical Therapy for 8 CE Hours, #4136. Approval #2010-002

by the **NJ** State Board of Physical Therapy Examiners for 8 CECs. Approved by **OK** State Board of PT course #202113655 for 8 CEU hours, Category A. Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 9.5 contact hours. Approved provider by the **NY** State Board of Physical Therapy for 9.6 contact hours (0.96 CEUs). Education Resources, Inc. is an approved agency by the PT Board of **CA** for 8 contact hours. This activity is provided by the TX Board of PT Examiners accredited provider #2210017TX for 8 CCUs and meets continuing competence requirements for PTs and PTAs licensure renewal in **TX**.

8 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification.

The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, MI, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY**. The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: **AL, CO, CT, IA, MA, ME, MT, NE, ND, NH, SD, WA**.

Education Resources Inc., 266 Main Street, Medfield Ma 02052 508-359-6533 Please contact us with any special needs requests:

info@educationresourcesinc.com or 508-359-6533

Webinar Dates & Times

January 21 and 22, 2022

9:10 am EST • 8:10 am CT • 7:10 am MST • 6:10 am PT (US)

Registration is for both sessions. Log-in instructions and course materials will be emailed/added to your ERI account 2-3 days prior to the first date of the webinar.



\$229 fee. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

WEBINAR LINKED: Breathing & Postural Control

☐ January 21 and 22, 2021

Course Registration Form

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