

# Mary Massery's LINKED: Breathing & Postural Control Part 2

Nechama Karman, PT, MS, PCS

## Faculty

Nechama Karman received her MSPT from Columbia University in 1994, her Advanced MS in orthopedic PT from Touro College in 1998, and has completed her Health Sciences PhD coursework at Seton Hall University. Nechama is an APTA board-certified pediatric clinical specialist and the chief clinical educator at Mobility Research for LiteGait nationally and internationally. In addition, Nechama owns a private practice in NYC focusing on complex neurological conditions and complex pelvic conditions. She has completed two invited Massery faculty apprenticeships. In 2016, she became Mary's first certified faculty member for the "Breathing" course! And in 2019, she was the first certified faculty for Mary's "I Survived" musculoskeletal course. Two huge accomplishments! In addition, she co-authored a new one-day course with Mary: "Braking Bad: Eccentric Control From Talking to Walking". One of Nechama's proudest "Mary Massery" moments occurred when she treated a man suffering from prostatectomy-related incontinence using Mary's approach. She taught him to transfer without incontinence for the first time in 9 months - all in under 15 minutes! She is passionate about helping other therapists learn these important concepts.

Disclosures Financial: Nechama Karman receives a speaking fee from Education Resources, Inc. Non-Financial: Nechama Karman has no non-financial relationships to declare.

## Audience

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

## About this In-Person Course

"LINKED Part-2" builds upon the foundational information presented in "LINKED Part-1". 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 to postural control using multi-system interactions. In Part-2, the focus shifts to assessing "normal" breathing patterns, and learning neuromotor breathing retraining techniques and manual assistive cough techniques during hands-on labs. Multiple clinical cases will be used to cement the concepts, as will a live patient demonstration (if available). The course is applicable for any pediatric or adult patient (or therapist) who breathes!

## Objectives

- Use a multi-system approach to evaluating motor impairments
- Identify the variations of "normal" breathing patterns and discuss the efficiencies/inefficiencies for individual patient conditions
- Evaluate need for, and demonstrate, appropriate neuromotor retraining techniques for patients with ineffective breathing/postural control strategies (health or participation deficits)
- Participate in a live patient demonstration (if a patient is available) and suggest possible evaluation and treatment ideas based on the course material
- Design a targeted airway clearance program using the principles of mobilization, expectoration and oral management
- Demonstrate airway clearance techniques, with an emphasis on manual assistive cough techniques, and apply an airway clearance algorithm to specific patient conditions
- Identify thoracic cage/spine restrictions as they pertain to breathing mechanics and postural control (a very brief introduction of chest wall restrictions)
- Evaluate the need for, and demonstrate, neuromotor retraining techniques to improve breath support for voicing and postural control (eccentrics)
- Suggest immediate ways to incorporate the concepts into therapy activities in your clinical setting

## Course Requirements

Participants need one beach towel, one bath towel and one pillow each. Please feel free to bring a yoga mat. Required attire: comfortable pants or shorts like yoga pants or exercise shorts. Tops: we will be assessing ribs and breathing patterns so ladies will need a tank top, sport bra, or a tee shirt tucked up under the bra strap. Men will need to remove their shirts. Participants not wearing lab clothes are invited to come and observe the labs. Hair clips or ponytail bands are needed for long hair in labs.

## Schedule Day 1

7:30 – 8:00	Registration
8:00 – 8:30	Discussion Review, synthesis and Q & A
8:30 – 9:45	Lecture/Demo Chest assessment: Focus on musculoskeletal alignment and breathing patterns
9:45 – 10:00	<b>Break</b>
10:00 – 11:30	<b>LAB:</b> Assessing breathing patterns and postural implications
11:30 – 12:30	<b>Lunch</b>
12:30 – 1:15	Lecture Airway Clearance: From Sherlock to Solution
1:15 – 2:15	<b>LAB:</b> Facilitating efficient breathing patterns and endurance training: Neuromotor techniques for diaphragm, chest and other breathing patterns
2:15 -2: 30	<b>Break</b>
2:30 – 4:00	<b>LAB:</b> Facilitating breathing patterns (continued)
4:00 – 4:30	Lecture/Demo Brief introduction to rib cage and trunk musculoskeletal restrictions associated with breathing difficulties. Quick screening!
4:30 – 5:30	Demo Patient demonstration

## Testimonials

“I was amazed with the organization of this course. . . I learned so much and acquired skills that I can utilize right away within my treatment setting”. -Stacey, OTR

## Schedule Day 2

7:30 – 8:00	Registration
8:00 – 8:30	Discussion Review, synthesis and Q & A
8:30 – 10:00	Lecture/Discussion Differential diagnosis (patient demo): “Find the Problem”
10:00 – 10:15	<b>Break</b>
10:15 – 11:30	<b>LAB:</b> Airway clearance lab: Focus on manual assistive cough techniques
11:30 – 12:15	<b>Lunch</b>
12:15 – 1:30	<b>LAB:</b> Eccentric trunk control: Using voice for postural control and vice versa
1:30 – 2:00	Discussion/Homework Homework: Putting it all together Course wrap up

## IMPORTANT!

### Prerequisite: Part 1

Registrants for Part 2 **must have attended Part 1** in the past 24 months. Attendance of any of the following courses (in the past 24 months) qualifies as a prerequisite:

- “Day-1 of MM’s 3-Day Breathing Course”
- “Linked: Breathing and Postural Control – Part 1” in-person or webinar
- “Breathing, Talking and Postural Control. . . school-based therapy”

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## Credits

This course meets the criteria for 13 contact hours (1.3) CEUs, Intermediate Level.



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This course has been approved by the **MD** State Board of Physical Therapy Examiners for 1.3 CEUs.

Application has been made to the **NJ** Board of Physical Therapy Examiners.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 15.5 contact hours.

Approved provider by the **NY** State Board of Physical Therapy for 15.5 contact hours (1.55 CEUs).

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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.**

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

Education Resources Inc., 266 Main St, Medfield, MA 02052. Please contact us with any special needs or requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com).

## In-Person Course Dates & Times

August 6 and 7, 2022

### George Washington University, Washington, D.C.

Registration is for both days. Please refer to prerequisites before registering.



\$475 fee. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE. Please make check payable and return to: Education Resources, Inc. 266 Main St., Suite 12 • Medfield, MA 02052 508-359-6533 or 800-487-6530 • [www.educationresourcesinc.com](http://www.educationresourcesinc.com). Limited enrollment. We encourage you to register online.

**Register for both the ERI Webinar “Mary Massery’s LINKED: Breathing and Postural Control Part 1/June 24-25” and one of the ERI In-Person “LINKED: Breathing & Postural Control Part 2” dates and receive \$29 off using the coupon code: LINKEDCOMBO**

**In-Person: "Mary Massery’s LINKED: Breathing & Postural Control Part 2"/Nechama Karman**

**August 6 and 7, 2022**

**Course Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

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Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

Employer: \_\_\_\_\_

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How did you learn of this course? \_\_\_\_\_

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