

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 – 1:00	LAB: Ventilatory or movement strategies: Integrating neuromuscular, musculoskeletal, respiratory and sensory systems. Problem solving session
1:00 – 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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Testimonials

“I was amazed with the organization of this course and the creativity to facilitate discussion groups virtually! I learned so much and acquired skills that I can utilize right away within my treatment setting”, Stacey, OTR

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Credits

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



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This course can be used toward your NBCOT renewal requirements for 8 units. Approved provider of the **FL** Board of Occupational Therapy-CE Broker – 9.5 hrs. This course meets the approval of the **TX** Board of OT Examiners.



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This program has been submitted for approval of 8 clock hours of continuing education credit by the **TX** Speech Language-Hearing-Association (TSHA). TSHA approval does not imply endorsement of course content, specific products or clinical procedures.

Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Approved by the **FL** Physical Therapy Association for 9.5 continuing education contact hours.

This course meets the basic criteria of the **MD** Board of Physical Therapy Examiners for 0.8 CEU's. Approved by the **MN** Board of Physical Therapy.

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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.**

8 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 for any special needs requests: 800-487-6530 or info@educationresourcesinc.com

Webinar Dates & Times

June 24 and June 25, 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. **Early-bird Rate: Register before May 12, 2022, and use code MASSERYJUNE at checkout to save \$14.** 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 (outside MA) FAX 508-359-2959 • www.educationresourcesinc.com Limited enrollment. We encourage you to register online!

WEBINAR: LINKED: Breathing & Postural Control /Mary Massery

June 24-25, 2022

Course Registration Form

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How did you learn of this course? _____

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