

CONTINUING EDUCATION PRESENTS:

LINKED: BREATHING & POSTURAL CONTROL A PEDIATRIC AND ADULT LAB COURSE

In-Person Course

May 16-18, 2025

Presented by: Nechama Karman, PT, MS, PCS



Audience:

This course will be of interest to Physical Therapists, Occupational Therapists and Speech Therapists.

Educational level: Intermediate

Summary

This introductory course has revolutionized the way therapists treat patients by assessing the body's core, from vocal cords to the pelvic floor. Participants will leave this course learning quick interventions to improve functional outcomes in patients.

Continuing Education Credits

Continuing education credits for O.T./ S.T / P.T will be offered through the Illinois Department of Financial and Professional Regulation.

This course is a total of 2.1 CEUs (.8 for day 1 and 1.3 for day 2-3) that would be received through ASHA and AOTA.

Early Intervention credits have been requested for day one and for day 2-3, with a combined 21 contact hours for the full course.

Activity Completion Requirements

All participants will receive a course completion certificate upon successful completion of the conference. No certificates will be awarded until course completion is verified on the final date of the conference.

Please Note: Linked 1 is a prerequisite to register for Linked 2. Linked 1 can be taken as a stand-alone course. Course completion certificates can be sent to ce@eastersealsdfvr.org to confirm the Linked 2 prerequisite.

Hosted by:

Easterseals DuPage & Fox Valley
830 S. Addison Ave
Villa Park, IL 60181



Instructor Bio:

Nechama Karman, PT, MS, PCS 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.

Nechama 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.

Financial Disclosures:

Nechama Karman has the following financial relationship to disclose: she receives a fee for speaking from Easterseals DuPage & Fox Valley. She has no relevant nonfinancial relationships to disclose.

Non-Financial Disclosures:

Nechama Karman has no relevant non-financial relationships to disclose.

CEUs and agenda on following pages

CONTINUED: LINKED 1- FRIDAY MAY 16 (8.0 CONTACT HOURS)

Course Description

This course, developed by Dr. 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 Linked 1, foundational information and quick interventions will be the focus (positioning and ventilatory strategies). 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!

Course Objectives for Linked 1

- 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.

Linked 1 CEUs



ASHA CE
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Easterseals DuPage & Fox Valley

Intermediate Level
.8 ASHA CEUs

Program Schedule Day 1: Linked 1

7:30-8:00 – Registration/check in

8:00-8:20 – Introduction to course topics

**8:20-9:45 – Breathing and posture:
Pressure control (Soda pop model)**

9:45-10:00 – Break

**10:00-11:30 – Positioning strategies:
What can you do in 90 Seconds or less
that has a profound and lasting effect?**

12:15-1:15 – Lunch

**1:15-1:35 – Sneak peek:
Ventilatory/movement strategies**

**1:35-3:15 – Breathing and posture: The
internal organs. The vocal folds.**

3:15-3:30 – Break

**3:30-5:10 – Ventilatory/movement
strategies: Integrating neuromuscular,
musculoskeletal, respiratory and sensory
systems**

**5:10-5:30 – Summary, “Pearls,” sleep
homework**

CONTINUED: LINKED 2- SATURDAY MAY 17

Course Description

LINKED Part-2” builds upon the foundational information presented in “LINKED Part-1”. 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.

Course Objectives for Linked 2

- 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.

Program Schedule Day 2: Linked 2

7:30-8:00 – Coffee

8:00-8:30 – Review, synthesis, and Q&A

8:30-9:45 – Chest assessment: Focus on musculoskeletal alignment and breathing patterns

9:45-10:00 – Break

10:00-11:30 – Assessing breathing patterns and postural implications

11:30-12:30 – Lunch

12:30-1:15 – Airway clearance: From Sherlock to solution

1:15-2:15 – Facilitating efficient breathing patterns and endurance training: Neuromotor techniques for diaphragm, chest and other breathing patterns

2:15-2:30 – Break

2:30-4:00 – Facilitating breathing patterns (continued)

4:00-4:30 – Brief introduction to rib cage and trunk musculoskeletal restrictions associated with breathing difficulties – Quick Screening!

4:30-5:30 – Patient demonstration (if possible)

CONTINUED: LINKED 2 EXTENDED- SUNDAY MAY 18

Program Schedule Day 3: Linked 2

7:30-8:00 – Coffee

8:00-8:30 – Review, synthesis, and Q&A

8:30-10:00 – Differential diagnosis: “Find the Problem”

10:00-10:15 – Break

10:15-11:30 – Airway clearance lab: Focus on manual assistive cough techniques

11:30-12:15 – Lunch

12:15-1:30 – Eccentric trunk control: using voice for postural control and vice versa

1:30-2:00 – Homework: Putting it all together, Course wrap up

Linked 2 CEUs



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Intermediate Level
1.3 ASHA CEUs

Registration Form

Please complete this form and mail with payment to:

Easterseals DuPage & Fox Valley
Continuing Education Department
830 South Addison Avenue
Villa Park, IL 60181
FAX: 630.620.1148

Name: _____

(This is how your name will be printed on the course certificate)

Title/Position: _____

E-mail: _____

Organization: _____

Org. address: _____

City: _____

State: _____ Zip: _____

Business Phone: _____

For credit card payment, please complete:

Type (please circle): Visa, MasterCard, AmEx, Discover

Credit Card #: _____

Expiration Date: _____ CVV: _____

Billing address: _____

City: _____

State: _____ Zip: _____

Home/Cell phone: _____

Space is limited– early registration is encouraged.

Day 1 Early Registration: \$250, \$260 after 4/25/25.

Day 2 & 3 Early Registration: \$415, \$425 after 4/25/25.

All 3 Days Early Registration: \$655, \$675 after 4/25/25.

Registration deadline: May 5, 2025

Registration fee includes the conference, continental breakfast, and afternoon refreshments.

Space is limited– early registration is encouraged.

Lodging: A special rate at The Hyatt Place Lombard is available if you mention that you are taking a course at Easterseals. 2340 South Fountain Square Drive in Lombard, IL P:630.932.6501

Special Accommodations: Please notify us of any special accommodations you may have by contacting us at 630.261.6191.

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after May 2nd, 2025. If Easterseals or Speaker should need to cancel, course fees will be refunded or transferred to another course at the discretion of the participant. For modifications or learning accommodations, please contact ce@eastersealsdfvr.org with your request.