



# I Survived, Now What?

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

Presented by:

**Nechama Karman, PT, MS, PCS**

## Dates & Location:

**Friday, September 24th, 2021**

**Through**

**Sunday, September 26th, 2021**

**at**

**Easterseals DuPage & Fox Valley**

**830 S. Addison Ave.**

**Villa Park, IL 60181**

## 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.

**Target Audience: The target audience is pediatric PTs and OTs. Adult therapists are encouraged to attend as well as they will be treating this population as adults. Other disciplines are invited to attend as they see the need.**



## About the Speaker:

**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! 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.

## Learning Objectives:

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

1. 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.
2. 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.
3. Develop and demonstrate musculoskeletal mobilization and soft tissue techniques of the rib cage, trunk and spine to correct or minimize these deformities.
4. 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.

## Continuing Education Credits

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

**Early Intervention Credits have been approved for 20.5 contact hours.**

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.

This Intermediate Level course is offered with AOTA Classification Codes: Categories 1 Domain of OT & 2 Occupational Therapy Processes.

### Occupational

### Therapy:



### Approved Provider

The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



## OTHER INFORMATION

**MEALS:** Continental breakfast & afternoon refreshments will be provided. Lunch will be on your own or for a small fee you may purchase a deli style lunch.

**HOTEL RESERVATIONS:** A special rate at the Hyatt Place is available. Mention DuPage Easterseals when booking. The hotel is at 2340 South Fountain Square Drive in Lombard and the phone number is 630.932.6501. If you are interested in shuttle service to and from the conference site, please indicate this at the time you make your reservation.

## Registration Form

Online at [EasterSealsDFVR.org/](http://EasterSealsDFVR.org/)

### Continuing Education

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

**Registration Fee: \$650**

**Early Registration Fee: \$595 on or before 9/3/2021**

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

*This is how your name will be printed on the course completion certificate..*

Title/Position: \_\_\_\_\_

Organization: \_\_\_\_\_

Org. address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Business phone: \_\_\_\_\_

Home address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

For credit card payment, please complete:

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

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVV: \_\_\_\_\_

*Space is limited. Early registration is encouraged. Registration deadline: September 17th, 2021.*

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after September 17th, 2021. If Easter Seals or speaker should need to cancel, course fees will be refunded or transferred to another course at the discretion of the participant.

### CONTACT INFO:

**Phone:** 630-261-6191

**Email:** [ce@EasterSealsDFVR.org](mailto:ce@EasterSealsDFVR.org)

[www.eastersealsdfvr.org/continuingeducation](http://www.eastersealsdfvr.org/continuingeducation)

# 3-Day Agenda: 20.5 Contact Hours

## **Friday (7.5 Contact Hours) - Focus: Breathing mechanics and mid-trunk assessment of alignment and function**

8:00 - 8:30		Registration
8:30 - 9:00	Discussion	Overview of course topics
9:00 - 10:15	Lecture	Adverse postural development related to maturing around a chronic health condition
10:15 - 10:30		Break
10:30 - 12:00	Lecture/Lab	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
1:00 - 2:00	Lab	Core muscles: Assessing mid trunk control: diaphragm, intercostals & abdominals
2:00 - 3:15	Lecture/Lab	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

## **Saturday (7.5 Contact Hours) - Focus: The rib cage: assessment and treatment of consequential problems**

8:00 - 8:30		Coffee and ...
8:30 - 9:00	Discussion	Review, synthesis and Q&A
9:00 - 9:30	Lecture	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
1:00 - 1:45	Lecture	Trent Case Study: Scars and restricted fascia
1:45 - 3:00	Lab	Quadratus lumborum & other manual techniques
3:00 - 3:15		Break
3:15 - 4:45	Lab	Trunk/postural control: Therapeutic exercises
4:45 - 5:30	Demo	Patient demonstration (if available)

**Sunday (5.5 Contact Hours)- Focus: The rib cage: assessment and treatment of consequential problems**

8:00 - 8:30		Coffee and ...
8:30 - 9:00	Discussion	Review, synthesis and Q&A
9:00 -10:15	Lecture	The Spine
10:15 - 10:30		Break
10:30 - 12:00	Lab	Thoracic spine mobilizations
12:00 - 12:45		Lunch
12:45 - 2:15	Lab	Thoracic spine mobilizations & dynamic neuromotor re-education techniques
2:15 - 3:00	Lecture	Kristy Case Study: Long term consequences of survival