

I Survived, Now What?

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

Presented by:

Mary Massery, PT, DPT, DSc and Faculty

Dates & Location:

**Friday, September 14th
through
Sunday, September 16th, 2018**
at
**Easterseals DuPage & Fox Valley
830 S. Addison Ave.
Villa Park, IL 60181**

Course Description:

Children with complex medical problems are surviving to adulthood. Unfortunately, many reach adulthood with adverse musculoskeletal consequences of survival such as spinal deformities (thoracic kyphosis, scoliosis, tightness), rib cage restrictions (pectus deformities, rib flares, asymmetry, tightness), which in turn, limits shoulder, trunk, and hip/pelvis mobility. Repetitive stresses due to atypical movements/compensations predispose these children to the development of chronic pain conditions. This 3-day course will look specifically at why these limitations tend to occur and what can be done to minimize their development. The goal is to improve therapists' knowledge and confidence in using musculoskeletal techniques that affect both quality, and potentially quantity of life. Participants will spend most of the course in lab. The focus will be on the rib cage, trunk, and spine. 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.

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Continuing Education Credits

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

Early Intervention Credits will be applied for.

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 of
CONTINUING EDUCATION**
by The American Occupational
Therapy Association, Inc.

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

About the Speaker:



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 49 US states, 9 Canadian provinces, and 15 countries worldwide, including more than 100 presentations for the *American Physical Therapy Association*, and a full-day post-conference program at the *World Congress of Physical Therapy* in Singapore. Mary has delivered keynote and major addresses on topics such as cystic fibrosis and posture, neuropulmonary deficits, pectus excavatum (chest deformities), and connections between posture & breathing.

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 alma maters. And in 2016, she was awarded *Northwestern University's Alumnae Research Achievement Award*. Mary continues to maintain a private practice in Chicago, specializing in breathing and postural dysfunction.

Learning Objectives:

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

1. Screen for musculoskeletal abnormalities, inadequate core stabilization strategies and compensatory breathing patterns that may contribute to the abnormal development of the rib cage, trunk, and/or spine across the lifespan secondary to pediatric chronic health conditions and/or survival of prematurity.
2. Develop and demonstrate musculoskeletal mobilization and soft tissue techniques to correct or minimize these deformities with a focus on the rib cage and spine.
3. 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 postural impairments that develop secondary to these chronic conditions.



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/

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 Bird Fee: \$595 on or before 8/2/18

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:** _____

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

Space is limited. Early registration is encouraged. Registration deadline:
August 24th, 2018.

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after August 24th, 2018. If Easter Seals or speaker should need to cancel, course fees will be refunded or transferred to

CONTACT INFO:

Phone: 630-620-4433

Email: ce@EasterSealsDFVR.org

www.eastersealsdfvr.org/continuingeducation

3-Day Agenda: 20.5 Contact Hours

Friday (7.5 Contact Hours) - Focus: Breathing and its relationship to postural development

8:00 - 8:30		Registration
8:30 - 10:30	Lecture	Adverse postural development related to maturing around a chronic childhood health condition
10:30 - 10:45		Break
10:45 - 12:00	Lecture & Lab	Part 1: I don't have a clue how to evaluate breathing...Well, now you will! Part 1: Ribs and sternal support of posture and respiration
12:00 - 1:00		Lunch
1:00 - 2:00	Lecture & Lab	Part 2: Core muscles: Assessing mid trunk control: intercostals, abdominals & diaphragm
2:00 - 3:00	Lab	Part 3: Assessing breathing patterns. Posture. Relationships.
3:00 - 3:15		Break
3:15 - 4:30	Lab	Part 3: continued
4:30 - 5:30	Lab	Rib cage, shoulders, trunk, pelvis: musculoskeletal assessment and interventions (Trunk):Part 1: Screening functional trunk mobility in stance (ribs, spine, shoulders, fascia)

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

8:00 - 8:30		Coffee and ...
8:30 - 10:30	Lab	Trunk - Part 2: Lateral trunk assessment: Rib cage, quadratus lumborum, shoulders (side-lying)
10:30 - 10:45		Break
10:45 - 12:00	Lecture & Lab	Trunk - Part 3: Therapeutic exercises: Increasing trunk mobility
12:00 - 1:00		Lunch
1:00 - 2:30	Lab	Trunk - Part 4: Soft tissue techniques: quadratus lumborum, intercostals, fascia, others
2:30 - 2:45		Break
2:45 - 3:15	Lecture	Case studies: Scars and restricted fascia
3:15 - 4:30	Lab	Trunk – Part 5: Rib mobilization techniques
4:30 - 5:30	Demonstration	Patient demonstration (if available)

Sunday (5.5 Contact Hours) - Focus: The thoracic spine: assessment and treatment of consequential problems

8:00 - 8:30		Coffee and ...
8:30 - 9:30	Lecture	The Spine
9:30 - 10:15	Lab	Spine treatment techniques: Mobs, releases, stretches, soft tissue releases, neuromotor retraining, and home exercise programs
10:15 - 10:30		Break
10:30 - 12:00	Lab	Spine treatment techniques: continued
12:00 - 12:45		Lunch
12:45 - 2:00	Lab	Dynamic postural control: Neuromotor re-education exercises incorporating newfound mobility into dynamic core stabilization strategies
2:00 - 2:45	Lecture	Case study "Kristy:" Long term consequences of survival
2:45 - 3:00	Discussion	Planning ahead to avoid/minimize musculoskeletal consequences in your practice setting