

presents a course by

Mary Massery, PT, DPT, DSc and faculty

## **LINKED: Breathing & Postural Control, Part-2**

### **A Pediatric and Adult Lab Course (Day-2&3 of the 3-day Mary Massery BREATHING COURSE)**

#### **Prerequisite: Part-1**

Attendance of any of the following courses in-person or live webinar (in past 18 months) qualifies as a pre-requisite for this Part-2 course:

*"Day-1 of MM's 3-Day Breathing Course"*

*"Linked: Breathing and Postural Control"*

*"Breathing, Talking and Postural Control ... school-based therapy"*

#### **Date & Location:**

Friday, April 29th, 2022

Through

Saturday, April 30th, 2022

Hosted By & Located at:

**Easterseals DuPage &  
Fox Valley**

**Villa Park, IL 60181**

#### **Course Description:**

"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!

**Target Audience:** This course will be of interest to Physical Therapists, Occupational Therapists and Speech-Language Pathologist.

#### **About the Instructor:**

**Mary Massery, PT, DPT, DSc** 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 16 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, neuromuscular 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 universities, and 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.

**Disclosure Statement:** Dr. Massery 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.

#### **Contact Info:**

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

### **Friday, April 29 (8.0 Contact Hours)**

7:30 – 8:00		Coffee and ...
8:00 – 8:30	Discussion	<u>Review, synthesis, and Q&amp;A</u>
8:30 – 9:45	Lecture/ Demo	Chest assessment: Focus on musculoskeletal alignment and breathing patterns
9:45 – 10:00		Break
10:00 – 11:30	Lab	Assessing breathing patterns and postural implications
11:30 – 12:30		Lunch
12:30 – 1:15	Lecture	Airway clearance: From Sherlock to solution
1:15 – 2:15	Lab	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	Lab	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 (if possible)

### **Saturday, April 30 (5.0 Contact Hours)**

7:30 – 8:00		Coffee and ...
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		Break
10:15 - 11:30	Lab	Airway clearance lab: Focus on manual assistive cough techniques
11:30 – 12:15		Lunch
12:15 – 1:30	Lab	Eccentric trunk control: using voice for postural control and vice versa
1:30 - 2:00	Discus- sion/ Homework	Homework: Putting it all together Course wrap up

## COURSE OBJECTIVES

**At the conclusion of Part 2, participants should be able to:**

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

## Continuing Education Credits

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

**Early Intervention credits have been requested for 13 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.

### Speech Therapy:



**ASHA CE**  
**APPROVED PROVIDER**

Easterseals DuPage & Fox Valley

Intermediate Level  
1.3 ASHA CEUs

### Occupational Therapy:



American Occupational Therapy Association

**Approved Provider**

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

## 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

**Registration Fee: \$410**  
**Early Registration Deadline 4/8/2022: \$390**  
**\*In Person Format\***

**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. Early Registration deadline: April 8th, 2022.*

Register On-line: <http://www.easterseals.com/dfv/our-programs/employment-training/continuing-education.html>

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after April 15th, 2022. If Easterseals or Speaker should need to cancel, course fees will be refunded or transferred to another course at the discretion of the participant.

Lodging: A special rate at The Hyatt Place Lombard is available if you mention that you are taking a course at Easterseals DuPage.

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.

**Breathing 04.22**