



DuPage & Fox Valley
brighter futures begin here

IF YOU CAN'T BREATHE, YOU CAN'T FUNCTION

Integrating Cardiopulmonary and Postural Control Strategies in the Pediatric and Adult Populations

Presented by:

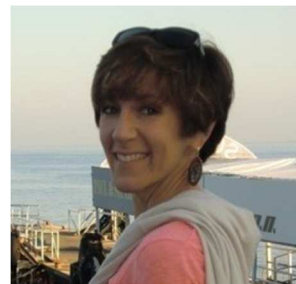
Patricia West-Low, PT, MA, DPT, PCS

Dates & Location:

**Friday, May 18th
through
Sunday, May 20th, 2018**

at
**Easter Seals DuPage &
Fox Valley
830 S. Addison Ave.
Villa Park, IL 60181**

***Introducing Mary Massery's
newest faculty member!***



Patricia West-Low, PT, MA, DPT, PCS

**Course developed by, & serving as
Teaching Assistant to Dr. West-Low:**

Mary Massery, PT, DPT, DSc

**Hosted & accredited through:
Easter Seals DuPage & Fox Valley**

**Sponsored by:
Massery Physical Therapy**

Course Description:

This course will challenge the practitioner to make a paradigm shift: connecting breathing mechanics and postural control with management of trunk pressures. Through her model of postural control (Soda Pop Can Model), the speaker will link breathing mechanics with motor and physiologic behaviors (a multi-system perspective). She will present novel research demonstrating the role of vocal folds as postural stabilizers, extending the concept of "core stability" from the vocal folds on the top of the trunk to the pelvic floor on the bottom. Numerous interventions will be presented that use positioning and ventilatory strategies to optimize motor performance. Neuromotor breathing retraining techniques and manual assistive cough techniques will be the focus of treatment labs. Multiple patient cases will be presented throughout the course. The emphasis of the course will be on developing practical, quick clinical solutions for pediatric and adult patients in all practice settings.

Target Audience: Pediatric & Adult Physical Therapists, Occupational Therapists, Speech-Language Pathologists & their Assistants, will benefit from taking this course.

About the Speaker:

Patricia (Trish) West-Low, PT, MA, DPT, PCS has been a physical therapist for 25 years. She earned a Bachelor's in Physical Therapy from The University of Scranton, an Advanced Masters Degree from New York University, and a Doctoral Degree from Seton Hall University. Dr. West-Low earned the title Board Certified Pediatric Clinical Specialist in 2008, and was recently recertified through 2028. She teaches across the country, at the university and post professional levels, on the topics of Physical Therapy Examination and Treatment of Children with Autism, Connective Tissue Mobilization and Therapeutic Yoga for Special Populations. Trish has completed a 2 year apprenticeship with Dr. Mary Massery, PT, DPT, DSc, becoming Dr. Massery's second certified faculty member. Currently, Dr. West-Low is a full time clinician who treats children and adults in the New Jersey shore area. She also acts as a consultant to assisted living facilities, schools and private practices in the area of the multi-systems impact of cardio pulmonary dysfunction. She teaches yoga to adults and children, and serves as a therapeutic yoga instructor in 200 and 500 hour yoga teacher trainings. In her down time, Trish and her dog Lucy serve as a certified therapy dog team and do volunteer visits for homebound seniors and children in long-term care. and outpatient facilities.

Massery PT has the following financial relationship to disclose: Massery PT sells CDs and other learning materials that will be available for purchase at the course but are not a requirement of taking this course.

Patricia West-Low has the following financial relationships to disclose: She receives an honorarium for speaking from Massery PT and has ownership interest in "Inspire PT" private practice. She has the following nonfinancial relationships to disclose: She is a member of the American Physical Therapy Association and a mentee of the owner of Massery PT.

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.

Speech

Therapy:



Easter Seals DuPage and the Fox Valley Region is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 2 ASHA CEUs (Intermediate level, Professional area).

Learning Objectives:

At the conclusion of Day 1, participants should be able to:

- 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.
- Contrast normal infant chest wall development to those with impaired breathing mechanics.
- 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.

At the conclusion of Days 2- 3, participants should be able to:

- Perform a multi-system (physical and physiologic) evaluation of 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 a heavy emphasis on manual assistive cough techniques, and apply an airway clearance algorithm to specific patients.
- Identify thoracic cage/spine restrictions as they pertain to breathing mechanics and postural control (a very brief introduction musculoskeletal issues).
- Evaluate need for, and demonstrate, neuromotor retraining techniques to improve breath support for voicing.
- Suggest means for incorporating the course material into therapy activities in your clinical setting immediately.

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 Easter Seals DuPage 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/ContinuingEducation

Please complete this form and mail with payment to:

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

Registration Fee: \$495

Early Bird Fee: \$450 on or before 4/18/18

Day 1 ONLY: \$200 (Please note there are a limited number of seats for this option.)

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: **May 4th, 2018**

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after May 4th, 2018. 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.

Respiratory 05.2018

CONTACT INFO:

Phone: 630-620-4433

Email: ce@EasterSealsDFVR.org

www.eastersealsdfvr.org/continuingeducation

3-Day Agenda

Day 1

8:00 - 8:30	Registration & Check-In
8:30 - 10:30	<u>Lecture</u> : Breathing and posture: Part 1 - Pressure control (Soda pop model)
10:30 - 10:45	Break
10:45 - 12:00	<u>Lecture</u> : Breathing and posture: Part 2 - The diaphragm
12:00 - 1:00	Lunch
1:00 - 2:00	<u>Lecture</u> : Breathing and posture: Part 3 - The vocal folds
2:00 - 2:30	<u>Lecture</u> : Normal and abnormal chest wall development and function
2:30 - 2:45	Break
2:45 - 4:00	<u>Mini-lab</u> : Positioning strategies: What can you do in 90 Seconds or less that has a profound and lasting effect?
4:00 - 5:30	<u>Mini-lab</u> : Ventilatory or movement strategies: Integrating neuromuscular, musculoskeletal, respiratory and sensory systems

Day 2

8:00 - 8:30	Registration & Check-In
8:30 - 10:00	<u>Lecture/Demonstration</u> : Chest assessment: Focus on musculoskeletal alignment and breathing patterns
10:00 - 10:15	Break
10:15 - 12:00	<u>Lab</u> : Assessing breathing patterns and postural implications
12:00 - 1:00	Lunch
1:00 - 1:30	<u>Lab</u> : Chest assessment (continued)
1:30 - 2:30	<u>Lab</u> : Facilitating efficient breathing patterns and endurance training: Neuromotor techniques for diaphragm, chest and other breathing patterns
2:30 - 2:45	Break
2:45 - 4:45	<u>Lab</u> : Facilitating breathing patterns (continued)
4:45 - 5:30	<u>Patient demonstration</u> (if possible)

Day 3

8:00 - 8:30	Coffee and...
8:30 - 9:30	<u>Lecture/Discussion</u> : recap patient demo using "Find the Problem" Chart
9:30 - 10:15	<u>Lecture</u> : Airway clearance: From Sherlock to solution
10:15 - 10:30	Break
10:30 - 12:00	<u>Lab</u> : Airway clearance: Focus on manual assistive cough techniques
12:00 - 12:45	Lunch
12:45 - 1:30	<u>Mini-lab</u> : Brief introduction to musculoskeletal restrictions of thoracic spine / rib cage that impair breathing mechanics (or vice versa)
1:30 - 2:30	<u>Lab</u> : Enhancing breath support for phonation
2:30 - 3:00	<u>Lab</u> : Group problem solving: Putting it all together

Contact Hours: 20.5