

presents a course by

Mary Massery, PT, DPT, DSc and faculty

## **Integrating Cardiopulmonary and Postural Control Strategies in the Pediatric & Adult Populations (Day-2&3 of the 3-day Mary Massery BREATHING COURSE)**

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

**Attendance of any of the following courses in-person or at a 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, August 27th, 2021**

**Through**

**Saturday, August 28th, 2021**

**Hosted By & Located at:**

**Easterseals DuPage &  
Fox Valley**

**Villa Park, IL 60181**

### **Course Description:**

This course, developed by Mary Massery, challenges practitioners to make a paradigm shift by connecting breathing mechanics/postural control to trunk pressures. Dr. Massery's "Soda Pop Can" model of postural control was the focus of Part-1, laying the groundwork for the hands-on portion of this class (Part-2). Part-2 applies these concepts to clinical practice with multiple hands-on labs that address: 1) analyzing breathing patterns at rest and with movement; 2) applying neuromotor manual techniques to change inefficient breathing patterns; 3) learning airway clearance techniques, especially manual assistive cough techniques; 4) applying breath support techniques for voicing and postural control (eccentric control); and 5) a very brief introduction to screening musculoskeletal restrictions related to respiratory limitations. If available, a live patient demonstration and a follow-up lecture/discussion of the case will demonstrate how to perform and utilize a multi-system differential diagnostic approach in real time and how that approach should immediately influence your plan of care decisions for that patient.

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

### **Contact Info:**

**Phone:** 630-261-6191

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

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

### **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.

**Friday/August 27 for Lab Day-2 (7.5 Contact Hours)** Limited Enrollment

<u>7:30 - 8:00</u>		Coffee and ...
8:00 - 9:00	Discussion	<u>Review, synthesis and Q&amp;A</u>
9:00 - 10:15	Lecture/ Demo	Chest assessment: Focus on musculoskeletal alignment and breathing patterns
10:15 - 10:30		Break
10:30 - 12:00	Lab	Assessing breathing patterns and postural implications
12:00 - 1:00		Lunch
1:00 - 1:45	Lecture	Airway clearance: From Sherlock to solution
1:45 - 2:45	Lab	Facilitating efficient breathing patterns and endurance training: Neuromotor techniques for diaphragm, chest and other breathing patterns
2:45 - 3:00		Break
3:00 - 4:30	Lab	Facilitating breathing patterns (continued)
4:30 - 5:30	Demo	Patient demonstration (if possible)

**Saturday/August 28 for Lab Day-3 (5.5 Contact Hours)** Limited Enrollment

<u>7:30 - 8:00</u>		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 - 12:45	Lecture/ Demo	Brief introduction to rib cage and trunk musculoskeletal restrictions associated with breathing difficulties – Quick Screening!
12:45 - 2:00	Lab	Enhancing breath support for phonation and postural control
2:00 - 2:30	Discus- sion/	Group problem solving: Putting it all together



## COURSE OBJECTIVES

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

1. Present a multi-system (physical and physiologic) evaluation of 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 musculoskeletal issues).
8. Evaluate need for, and demonstrate, neuromotor retraining techniques to improve breath support for voicing and postural control (eccentrics).
9. Suggest means for incorporating the course material into therapy activities in your clinical setting immediately.

## 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 8/6/2021: \$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: August 6th, 2021.*

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 August 13th, 2021. 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 08.21**