



Mary Massery's **LINKED: Breathing and Postural Control** A Pediatric and Adult Course (formerly known as: **IF YOU CAN'T BREATHE, YOU CAN'T FUNCTION**)

Learning Objectives

At the conclusion of Part-1 (Day 1), participants should be able to:

1. Describe how trunk pressures link breathing and postural control using the Soda Pop Can Model.
2. Describe the multiple, simultaneous roles of the diaphragm as related to breathing, postural control, gastroesophageal reflux, constipation, and venous return.
3. 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.
4. Position patients for optimal physiological and biomechanical support of breathing with simple equipment (towels, pillows, etc.).
5. Use a ventilatory strategy algorithm presented in class to optimally match breathing with movements from bed mobility to athletic endeavors.
6. Apply concepts to a wide variety of patient populations from infancy to geriatrics.



Location / Dates

Pediatric Advanced Therapy
134 Infield Court,
Mooresville NC 28117

October 4th - 6th, 2024

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

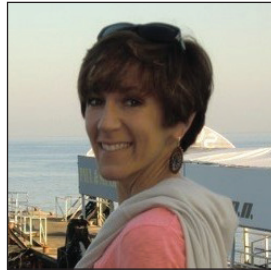
7. Present a multi-system (physical and physiologic) evaluation of motor impairments.
8. Identify the variations of "normal" breathing patterns and discuss the efficiencies/inefficiencies for individual patient conditions.
9. Evaluate need for, and demonstrate, appropriate neuromotor retraining techniques for patients with ineffective breathing/postural control strategies (health or participation deficits).
10. Participate in a live patient demonstration (if a patient is available) and suggest possible evaluation and treatment ideas based on the course material.
11. Design a targeted airway clearance program using the principles of mobilization, expectoration and oral management.
12. Demonstrate airway clearance techniques, with an emphasis on manual assistive cough techniques, and apply an airway clearance algorithm to specific patient conditions.
13. Identify thoracic cage/spine restrictions as they pertain to breathing mechanics and postural control (a very brief introduction musculoskeletal issues).
14. Evaluate the need for, and demonstrate, neuromotor retraining techniques to improve breath support for voicing and postural control (eccentrics).
15. Suggest means for incorporating the course material into therapy activities in your clinical setting.

Please visit our website

<https://pediatricadvancedtherapy.com/continuing-education/> for information about upcoming courses



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Instructor:

Patricia (Trish) West-Low, PT, MA, DPT, PCS

Board Certified Pediatric Clinical Specialist

Dr. West-Low holds a Bachelor's degree in PT from The University of Scranton, an Advanced Master's Degree from New York University, a Doctoral Degree from Seton Hall University, and is a Board Certified Pediatric Clinical Specialist. She has developed and teaches courses on the topics of Physical Therapy Examination and Treatment of Individuals with Autism, Connective Tissue Mobilization for Pediatric Therapists and Yoga for Special Populations.

Dr. West-Low has been a teaching assistant in all of Dr. Mary Massery's courses for the past 20 years, and completed a 2-year, invited teaching apprenticeship becoming a Massery certified faculty member in 2018. She teaches across the country for Dr. Massery. Currently Dr. West-Low is a full-time clinician at Children's Specialized in New Jersey, and a student in the Movement Sciences PhD program at Seton Hall University. Trish and her dog Lucy serve as a volunteer therapy dog team.

Course Description and Instructional Methods

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 "soda pop can model" links breathing mechanics to postural control using multi-system interactions. The speaker presents 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. In Part-1, foundational information and quick interventions will be the focus (positioning and ventilatory strategies). In Part-2, the focus shifts to hands-on techniques: assessing "normal" breathing patterns, and learning neuromotor breathing retraining techniques and manual assistive cough techniques. Multiple clinical cases will be used to cement the concepts. The course is applicable for any pediatric or adult patient (or therapist) who breathes!

Course Educational Level:

INTERMEDIATE

Target Audience:

PT • OT • SLP • PTA • OTA • SLPA



Course Schedule

PART-1: Friday 10/4 (8.0 Contact Hours)

7:30 - 8:00		Registration
8:00 - 8:20	Discussion	Introduction to course topics
8:20 - 9:45	Lecture	Breathing and posture: Pressure control (Soda pop model)
9:45 - 10:00		BREAK
10:00 - 11:30	Lab	Positioning strategies: What can you do in 90 Seconds or less that has a profound and lasting effect?
11:30 - 12:15		Breathing and posture: The diaphragm's many roles
12:15 - 1:15		LUNCH
1:15 - 1:35	Lab	Sneak peek: Ventilatory/movement strategies
1:35 - 3:15	Lecture	Breathing and posture: The internal organs. The vocal folds
3:15 - 3:30		BREAK
3:30 - 5:10	Lab	Ventilatory/movement strategies: Integrating neuromuscular, musculoskeletal, respiratory and sensory systems
5:10 - 5:30	Lecture	Summary, "Pearls," sleep homework

PART-2: Saturday 10/5 (8.0 Contact Hours)

7:30 - 8:00		Coffee and...
8:00 - 8:30	Discussion	Review, synthesis and Q&A
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)

Part-2: Sunday 10/6 (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: "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	Discussion/ Homework	Homework: Putting it all together Course wrap up

CEU / Contact Hours

Part 1: 8 hours

Part 2: 13 hours

Course Completion Requirements

Full participation in the full duration of the course, participation in group activities, labs and course evaluations will be required for course completion.

Cancellation Policies (learner and provider)

A refund/voucher towards future course will be issued to all participants when a course is cancelled. This will be completed by check payment or credit card refund, dependent on method of payment utilized by course attendee. Option to select voucher/refund at the participants preference.

Cancellations received no less than 10 days before the course are refundable minus a \$50 administrative fee. No refunds will be issued for cancellations after this deadline.

Return registration form by email bethl@patkids.com or complete it online at <https://pediatricadvancedtherapy.com/continuing-education/>:

Please email bethl@patkids.com to let us know if there are any accommodations that we can provide to ensure the course is a successful one for you.

Registration Form

Name _____

Address _____

Phone _____

E-mail _____

AOTA /APTA/ASHA number _____

OT SLP PT Other _____

Please send me information regarding lodging

I require accommodations due to physical/sensory/emotional special need

We will contact you once we receive your registration form so that we can know how to best meet your needs

Category	Total	Part 1	Part 2
Registration starting July 1	\$720	\$225	\$495
Early discount before July 1	\$645	\$225	\$420
Super Early Discount before May 1	\$620	\$225	\$395

(No group discount)

Registration is available for Part 1 only, Part 2 only or both Parts 1 & 2 combined.

Payment Required For Registration

Check, credit card, PO# MUST accompany Registration Form

Price _____ x Quantity _____ = TOTAL _____

Check enclosed payable to Pediatric Advanced Therapy

PO# _____

Visa MC Amex Discover

Cardholder's Name _____

Card #: _____

Exp. Date _____ 3 Digit CSC/CVC _____

PLEASE RETURN ENTIRE PANEL



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Location / Dates

Pediatric Advanced Therapy, 134 Infield Court Mooresville NC 28117

October 4th-6th, 2024

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

7. Present a multi-system (physical and physiological) evaluation of motor impairments.
8. Identify the variations of "normal" breathing patterns and discuss the efficiencies/inefficiencies for individual patient conditions.
9. Evaluate need for, and demonstrate, appropriate neuromotor retraining techniques for patients with ineffective breathing/postural control strategies (neath or participation deficits).
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Return by
 Fax: 704-799-6825
 Email: continuinged@patkids.com
 Mail: Pediatric Advanced Therapy,
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 28117
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Please visit our website
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