

LINKED: Breathing & Postural Control

Dr. Mary Massery, PT, DPT, DSC

Faculty

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 all 50 US states and in 18 countries worldwide, including more than 100 presentations for the American Physical Therapy Association. Mary's research pioneered the concept of managing trunk pressures as a new way to visualize core stabilization. She has delivered keynote and major addresses on topics such as cystic fibrosis and posture, pectus excavatum (chest deformities), connections between posture & breathing, and PNF (proprioceptive neuromuscular facilitation). 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. She was also awarded Northwestern University's Alumnae Research Achievement Award. Mary continues to maintain a private practice in Chicago, specializing in breathing and postural dysfunction.

Financial Disclosures: Mary Massery receives a speaking fee from Education Resources and from the sale of her DVD's. Non-Financial: She has no non-financial relationships to declare.

About this Course

This course, developed by Mary Massery, will challenge the practitioner to make a paradigm shift: connecting breathing mechanics and postural control with management of trunk pressures. Using Dr. Massery's model of postural control (Soda Pop Can Model), the speaker will link breathing mechanics with motor and physiologic behaviors (a multi-system perspective). The speaker 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. 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.

Objectives

- 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.

Audience

Designed for PTs, PTAs, OTs, OTAs, COTA, SLPs

Schedule Day 1

9:10 am to 2:20 pm EST (US)

- 9:10 – 9:30** Webinar Registration/Zoom Course Opens
- 9:30 – 10:00** Discussion
Class starts: Overview of course topics & logistics
- 10:00 – 11:30** Lecture
Breathing and Posture: Part 1 - Pressure control (Soda pop model)
- 11:30 – 11:40** Break
- 11:40 – 1:10** **LAB:** Positioning strategies: What can you do in 90 Seconds or less that has a profound and lasting effect?
- 1:10 – 1:20** Break
- 1:20 – 2:15** Lecture
Breathing: Part 2 - The Diaphragm
- 2:15 – 2:20** Discussion and Q&A
- 2:20** Class Ends – Instructor will stay to answer questions

Online Courses

Learn at Your Convenience

We've infused the excitement and clinical relevance of our live courses into new on demand online series.

- **Newly Revised! Advanced Vestibular Rehabilitation Online**
- **Acute and Critical Care Therapy Online Series**
- **Post-Concussion Syndrome: A Four-Part Series**
- **Vestibular Therapy for the School-Aged Child and Adolescent Online Series**

Online courses include free downloadable handouts and access for an entire year.

Register online www.educationresourcesinc.com

Schedule Day 2

9:10 am to 1:15 pm EST (US)

- 9:10 – 9:30** Webinar Registration/Zoom Course Opens
- 9:30 – 9:50** Pearls, sleep homework, Q&A
- 9:50 – 11:00** Lecture Breathing:
Part 3 - The Vocal Folds
- 11:00 – 11:15** Break
- 11:15 – 12:45** **LAB:** Ventilatory or movement strategies: Integrating neuromuscular, musculoskeletal, respiratory and sensory systems
- 12:45 – 1:00** Discussion: Clinical Applications and Q&A
- 1:05 – 1:15** Summary, next week's homework, further studies, Q&A
- 1:15** Class Ends – Instructor will stay to answer questions

Find us on 



LinkedIn 

ERI: Life-changing learning

You love what you do. Our courses remind you why. As a therapist, you change lives every day – and have your life changed in return. ERI is life-changing learning, for therapists by therapists.

The ERI Advantage:

- Techniques you'll use the next day
- Peers who share your passion
- Renowned faculty
- Evidence-based courses that improve outcomes
- 30 years of life-changing learning

Specialty Tracks throughout the lifespan – Neonatal, Pediatric, Adult, Geriatric

Each ERI specialty track is designed to make the most of your continuing education time, budget, and goals. Start your search with us and plan every course you'll take in 2021.

Visit educationresourcesinc.com for all of your 2021 courses.

ERI Rewards

Your ERI experience is more rewarding than ever.

- First Course Discount
- Group Discounts
- \$100 off your 4th Multi-day Course

Credits

This course meets the criteria for 8 contact hours (0.8) CEUs, Intermediate Level.



American
Occupational Therapy
Association

Approved Provider

Education Resources Inc. is an AOTA Approved Provider of professional development. Provider #3043. This Distance Learning-Interactive (webinar) is offered at 8 contact hours .8 CEUs Intermediate, OT Service Delivery AOTA does not endorse specific course content, products or clinical procedures.

NBCOT professional development provider- 8 PDUs.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker for 9.5 CEUs.

This course meets the approval of the **TX** Board of OT Examiners.



ASHA CE
APPROVED PROVIDER

Education Resources Inc.
Intermediate Level
.8 ASHA CEUs

ASHA CEUs are awarded by the ASHA CE Registry upon receipt of the CEU Participant Form from the ASHA. Approved CE Provider for up to 0.8 CEUs. The learning assessment for this course was successfully completed and approved for 8 clock hours of continuing education credit by the TX Speech-Language-Hearing Association.

Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm

Approved by the **MD, NJ, OK** Board of Physical Therapy. Application has been made to the **MN** Board of Physical Therapy. Application has been made to the **FL** Physical Therapy Association for 9.5 continuing education contact hours.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 9.5 contact hours. Approved provider by the **NY** State Board of Physical Therapy for 9.6 contact hours (0.96 CEUs). Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, KY, and TX.**

The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, MI, MO, MS, OR, PA, RI, SC, UT, VA, VT, WI, WY.** APTA NC accept other state board's approvals.

Please contact us with any special needs requests:

info@educationresourcesinc.com or 508-359-6533

Webinar Dates & Times

October 22 and 23, 2021

9:10 am EST • 8:10 am CT • 7:10 am MST • 6:10 am PT (US)

Registration is for both sessions. Log-in instructions and course materials will be emailed/added to your ERI account 2-3 days prior to the first date of the webinar.



\$229 fee. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

Please make check payable and return to: Education Resources, Inc. 266 Main St., Suite 12 • Medfield, MA 02052 508-359-6533 or 800-487-6530 (outside MA) FAX 508-359-2959 • www.educationresourcesinc.com

Limited enrollment. We encourage you to register online!

WEBINAR LINKED: Breathing & Postural Control

October 22 and 23, 2021

Course Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

Employer: _____

Discipline: _____ Specialty: _____

How did you learn of this course? _____

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled.

I have read your refund policy above and understand.

Cardholder's name & billing address with zip code if different from above:

Signature _____

Amount charged _____

I hereby authorize you to charge my: VISA MC DISCOVER# _____

Exp. Date _____ CVV2 Code _____