

COVID-19 Long-Haulers:

Potential Long-Term Physical Problems

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 Live Webinar

Current projections show that up to 10 million US survivors of symptomatic COVID will become long-haulers, potentially showing a myriad of symptoms that persist for weeks and months after recovery. These patients will likely need PT, OT and/or ST to maximize their recoveries, making it imperative that therapists seek a deeper understanding on how COVID infects the body, what organs may be potentially injured long-term, and how that may translate to physical deficits. This webinar will focus on symptomatic COVID survivors across the lifespan who are medically stable, but surprisingly not returning quickly to their pre-morbid health status and/or pre-morbid activity levels. The speaker will present up to minute research on the likely causes of the long-haulers' conditions, identify the multi-organ involvement that may occur, and present a multi-system approach to identify short-term and potential long-term physical problems. The speaker will present a contextual model of postural control (soda-pop can model) to assist therapists in analyzing potential problems of long-haulers' trajectory of recovery such as balance, weakness and fatigue. A detailed long-hauler case will be presented. Robust interactive discussions will ensue as all clinicians seek to become more competent in anticipating and treating the needs of COVID long-hauler survivors.

Objectives

Upon completion of this course participants will be able to:

- Present a brief overview of COVID-19 and indicate how the disease might adversely affect physical function in the post-acute phase.
- Describe the framework of a multi-system differential diagnosis of CCS patients (Chronic COVID syndrome), otherwise known as long-haulers, to determine possible underlying causes of persistent physical problems.
- Suggest early and late rehabilitation ideas looking at possible multi-system reactions to the disease: cardiopulmonary, musculoskeletal, neuromuscular, integumentary, internal organs.
- Demonstrate how breathing and moving can be intentionally used together to improve breathing efficiency especially for COVID survivors who have residual pulmonary problems and fatigue.

Schedule Day 1

6:45 pm to 9:30 pm EST (US)

6:45 – 7:00 Webinar Registration/Zoom Course

Opens

7:00 – 8:30 COVID-19 pathophysiology, physical

symptoms, and multi-system

assessment of long-term problems

8:30 – 9:30 Case: Young adult COVID-19 long-

hauler

Q&A and robust interactive

discussions encouraged

during/after class regarding

management of long-hauler cases

Audience

PTs, OTs, SLPs, and other clinicians working with COVID-19 patients.

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Webinar Dates & Times

November 8, 2021

6:45 pm EST • 5:45 pm CST • 4:45 pm MST • 3:45 pm PST (US)

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WEBINAR: COVID-19 Long-Haulers

November 8, 2021

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