

# Mary Massery's

## LINKED: Breathing & Postural Control Part 2

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

### Faculty

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.

Financial Disclosures: Dr. West-Low receives a speaking fee from ERI. Dr. West-Low has no non-financial relationships to disclose.

### Audience

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

### About this In-Person Course

"LINKED Part-2" builds upon the foundational information presented in "LINKED Part-1". 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 novel "soda pop can model" links breathing mechanics to postural control using multi-system interactions. In Part-2, the focus shifts to assessing "normal" breathing patterns, and learning neuromotor breathing retraining techniques and manual assistive cough techniques during hands-on labs. Multiple clinical cases will be used to cement the concepts, as will a live patient demonstration (if available). The course is applicable for any pediatric or adult patient (or therapist) who breathes!

### Objectives

- Use a multi-system approach to evaluating 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 an emphasis on manual assistive cough techniques, and apply an airway clearance algorithm to specific patient conditions
- Identify thoracic cage/spine restrictions as they pertain to breathing mechanics and postural control (a very brief introduction of chest wall restrictions)
- Evaluate the need for, and demonstrate, neuromotor retraining techniques to improve breath support for voicing and postural control (eccentrics)
- Suggest immediate ways to incorporate the concepts into therapy activities in your clinical setting

### Course Requirements

Participants need one beach towel, one bath towel and one pillow each. Please feel free to bring a yoga mat. Required attire: comfortable pants or shorts like yoga pants or exercise shorts. Tops: we will be assessing ribs and breathing patterns so ladies will need a tank top, sport bra, or a tee shirt tucked up under the bra strap. Men will need to remove their shirts. Participants not wearing lab clothes are invited to come and observe the labs. Hair clips or ponytail bands are needed for long hair in labs.

## Schedule Day 1

7:30 – 8:00	Registration
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	<b>Break</b>
10:00 – 11:30	<b>LAB:</b> Assessing breathing patterns and postural implications
11:30 – 12:30	<b>Lunch</b>
12:30 – 1:15	Lecture Airway Clearance: From Sherlock to Solution
1:15 – 2:15	<b>LAB:</b> Facilitating efficient breathing patterns and endurance training: Neuromotor techniques for diaphragm, chest and other breathing patterns
2:15 – 2:30	<b>Break</b>
2:30 – 4:00	<b>LAB:</b> 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

## Testimonials

“I was amazed with the organization of this course. . .I learned so much and acquired skills that I can utilize right away within my treatment setting”. - Stacey, OTR

## Schedule Day 2

7:30 – 8:00	Registration
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	<b>Break</b>
10:15 – 11:30	<b>LAB:</b> Airway clearance lab: Focus on manual assistive cough techniques
11:30 – 12:15	<b>Lunch</b>
12:15 – 1:30	<b>LAB:</b> 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

## IMPORTANT!

### Prerequisite: Part 1

Registrants for Part 2 **must have attended Part 1** in the past 24 months. Attendance of any of the following courses (in the past 24 months) qualifies as a prerequisite:

- “Day-1 of MM’s 3-Day Breathing Course”
- “Linked: Breathing and Postural Control – Part 1” in-person or webinar
- “Breathing, Talking and Postural Control. . .school-based therapy”

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### Credits

This course meets the criteria for 13 contact hours (1.3) CEUs, Intermediate Level.



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This course has been approved by the MD State Board of Physical Therapy Examiners for 1.3 CEUs.

Approved by the NJ Board of Physical Therapy Examiners.

Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 15.5 contact hours.

Approved provider by the NY State Board of Physical Therapy for 15.6 contact hours (1.56 CEUs).

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The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: AL, CO, CT, IA, MA, ME, MT, NE, ND, NH, SD, WA.

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification. Education Resources Inc. 266 Main St, Medfield, MA 02052.

Please contact us with any special needs or requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or call 800-487-6530.

### In-Person Course Dates & Times

**October 29 and 30, 2022**

**PG Chambers School - Cedar Knolls, NJ**

Registration is for both days. Please refer to prerequisites before registering.



\$475 fee. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. 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 • [www.educationresourcesinc.com](http://www.educationresourcesinc.com). Limited enrollment. We encourage you to register online!

**In-Person Course: "Mary Massery's LINKED: Breathing & Postural Control Part 2"/Trisha West-Low**  
 **October 29 and 30, 2022**

**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.

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Signature \_\_\_\_\_

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