

Long COVID: 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

More than 20 million COVID survivors in the US have developed long COVID, showing a myriad of symptoms that persists for weeks and months after recovery. These patients often need PT, OT and/or ST to maximize their physical 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 long COVID patients across the lifespan who are medically stable, but surprisingly not returning quickly to their pre-morbid health status and activity levels. The speaker will present up to minute research on long COVID, identify the multi-organ involvement that may occur, and present a multi-system approach to assess common physical problems such as balance, weakness and fatigue. A detailed long COVID case will be presented. Robust interactive discussions will be encouraged.

Objectives

Upon completion of this course participants will be able to:

- Identify how COVID-19 might adversely affect physical function in the post-acute phase
- Recognize the framework of a multi-system differential diagnosis of long COVID (aka COVID, Chronic COVID Syndrome (CCS), or Post-Acute Sequelae of SARS-CoV-2 (PASC), to determine possible underlying causes of persistent physical problems
- Choose 1-2 early and late rehabilitation ideas looking at possible multi-system reactions to the disease: cardiopulmonary, musculoskeletal, neuromuscular, integumentary, internal organs using the case study provided
- Select 1-2 treatments that optimize 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 9:40 pm EST (US)

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

Opens

7:00 – 8:15 COVID-19 Pathophysiology

- Up to the minute research on long COVID sequelae
- A multi-system approach to assessing and prioritizing long COVID problems

8:15 – 8:25 Break

8:25 – 9:25 Case: Young Adult with Long COVID

- Robust interactive discussions regarding management of long COVID

9:25 – 9:40 Q & A

Audience

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

“Mary Massery is a dynamic and organized speaker. I highly recommend this class to any therapist working with individuals post-COVID.”

-Elizabeth K., OTR

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This program has been submitted for approval of 2.5 clock hours of continuing education credit by the TX Speech Language-Hearing-Association (TSHA). TSHA approval does not imply endorsement of course content, specific products, or clinical procedures.

Application has been made to the FL Physical Therapy Association for 3 continuing education contact hours.

Application has been made to the MD State Board of Physical Therapy Examiners.

Application has been made to the MN Board of Physical Therapy.

Application has been made to the NJ Board of Physical Therapy Examiners.

Application has been made to the OK Board of Medical Licensure and Supervision for Physical Therapy.

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Webinar Date & Time

October 19, 2022

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

Registration is for one session. 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.



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WEBINAR: Long COVID - Potential Long-term Physical Problems - Mary Massery

October 19, 2022

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