

# Mary Massery's

## LINKED: Breathing & Postural Control Part 2

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 1,000 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.

**Disclosures Financial:** 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 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 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, 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.

### Audience

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

## Schedule Day 1

|               |  |
|---------------|--|
| 7:30 – 8:00   | Registration   |
| 8:00 – 8:30   | Discussion<br>Questions from Part-1 LINKED before we dive into Part-2  |
| 8:30 – 9:45   | Lecture/Demo<br>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<br>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<br>Brief introduction to rib cage and trunk musculoskeletal restrictions associated with breathing difficulties. Quick screening! |
| 4:30 – 5:30   | Demo<br>Patient demonstration (if possible)  |

## 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<br>Review, synthesis and Q & A                                     |
| 8:30 – 10:00  | Lecture/Discussion<br>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<br>Homework: Putting it all together<br>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:

- “Linked: Breathing and Postural Control – Part 1” in-person or webinar
- “Breathing, Talking and Postural Control. . . school-based therapy”

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## Credits

Coming soon.

## In-Person Course Dates & Times

November 2, 2024 - 8:00 am to 5:30 pm EST (US) (7:30 am registration).

November 3, 2024 - 8:00 am to 2:00 pm EST (US) (7:30 am registration).

Texas Children's Hospital

18200 Katy Freeway

Houston, TX 77094



\$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.

Register for both the ERI Webinar "Mary Massery's LINKED: Breathing and Postural Control Part 1/August 9 and 10, 2024 and this in-person course "LINKED: Breathing & Postural Control Part 2" and receive \$29 off using the coupon code: LINKEDCOMBO24.

**In-Person: "Mary Massery's LINKED: Breathing & Postural Control Part 2"**

**Dr. Mary Massery**

**November 2 and 3, 2024**

**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.

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\_\_\_\_\_

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Amount charged \_\_\_\_\_

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Exp. Date \_\_\_\_\_ CVV2 Code \_\_\_\_\_