

# Mary Massery's LINKED: Breathing & Postural Control

## Part 1

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

**Financial Disclosure:** Mary Massery receives a speaking fee from Education Resources. Mary has no non-financial relationships to declare.

### Course Description

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 (including the vocal folds), to postural control using multi-system interactions. Part-1 lays foundational information and presents numerous quick interventions utilizing positioning and ventilatory strategies. Clinical cases will be used throughout the day to illustrate concepts. The course is applicable for any pediatric or adult patient (or therapist) who breathes! Participants are encouraged to follow up later with "LINKED Part-2," a two-day in-person lab course, assessing "normal" breathing patterns, learning neuromotor breathing retraining techniques, and learning manual assistive cough techniques.

### Learning Objectives

- Relate trunk pressures to breathing and postural control using the Soda Pop Can Model.
- Identify the multiple, simultaneous roles of the diaphragm as related to breathing, postural control, gastroesophageal reflux, constipation, and venous return.
- Correlate the role of the vocal folds in normal postural stability responses (balance) and make the case for using speaking valves for patients with tracheostomies.
- Choose the best client positions using simple equipment (towels, pillows, abdominal binders, etc) for optimal physiological and biomechanical support of breathing.
- Utilize a ventilatory strategy algorithm to optimally match breathing with movements from bed mobility to athletic endeavors.
- Apply postural and breathing concepts to a variety of patient populations from infancy to geriatrics.

### Audience

Designed for PTs, PTAs, OTs, COTAs and SLPs.

Help your patients achieve better outcomes.

## Schedule Day 1:

### 9:15 am to 2:20 pm ET (US)

9:15 – 9:30	<b>Webinar Registration/Zoom Course Opens</b>
9:30 – 9:50	Discussion Overview of Course Topics & Logistics
9:50 – 11:00	Lecture: Breathing and Posture: Pressure Control (Soda Pop Model)
11:00 – 11:10	<b>Break</b>
11:10 – 1:20	<b>LAB:</b> Positioning Strategies: What can you do in 90 seconds or less that has a profound and lasting effect?
1:20 – 1:30	<b>Break</b>
1:30 – 2:15	Lecture: Breathing and Posture: The Diaphragm's Many Roles
2:15 – 2:20	Discussion – Wrap Up, Homework and Q&A
2:20	Class Ends – Instructor will stay to answer questions.

## Schedule Day 2:

### 9:15 am to 1:15 pm ET (US)

9:15 – 9:30	<b>Webinar Registration/Zoom Course Opens</b>
9:30 – 9:50	Discussion: Recap, Pearls, Sleep Homework
9:50 – 11:20	Lecture: Breathing and Posture: - The Internal Organs - The Vocal Folds
11:20 – 11:35	<b>Break</b>
11:35 – 1:10	<b>LAB:</b> Ventilatory/movement strategies: Integrating neuromuscular, musculoskeletal, respiratory and sensory systems. Problem solving session.
1:10 – 1:15	Discussion - Summary, next week's homework, further studies and Q&A.
1:15	Class Ends – Instructor will stay to answer questions.

## Testimonials

*"I was amazed with the organization of this course and the creativity to facilitate discussion groups virtually! I learned so much and acquired skills that I can utilize right away within my treatment setting", - Stacey P., OTR*

*"Mary Massery is extremely knowledgeable and provided information in a clear and concise manner. I will definitely be*

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### Credits

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



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



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Approved by the **FL** Physical Therapy Association.

Approved by the **MD** 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.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy. Application has been made to Illinois EI Training Program.

Approved provider by the **NY** State Board of Physical Therapy.

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### Webinar Dates and Times

**March 13 and 14, 2026**

**9:30 am EST • 8:30 am CT • 7:30 am MST • 6:30 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.

Register at [educationresourcesinc.com](http://educationresourcesinc.com)

