

When Reflux Comes Up, EVERYTHING is Affected

Dr. Mary Massery, PT, DPT, DSc

Dr. Margie Mizera, PT, DPT, PCS

Faculty

Dr. Massery has been a practicing physical therapist for 40+ years. Her doctoral research pioneered the concept of managing trunk pressures as a new way to visualize core stabilization. She has presented 1,000+ lectures and courses linking motor behaviors to breathing and postural mechanics in all 50 US states and in 18 countries. Dr. Massery has received the American Physical Therapy Association's highest clinical award, *The Florence Kendall Practice Award*, for "outstanding and enduring contributions to the practice of physical therapy," and she was named *Outstanding Alumnus of the Year* by each of her three universities. She continues to maintain a private practice in Chicago, specializing in breathing and postural dysfunction.

Dr. Mizera received her B.S. in Physical Therapy from University of Illinois in 1978, and her DPT from Governors State University in 2019. She was Co-Director of a private pediatric practice for 27 years, and has worked in hospitals, schools and in Early Intervention (EI). She is currently working at La Rabida Children's Hospital in Chicago. Margie has advanced training in NDT, manual therapy, and myofascial release. Her studies have centered around treatment of the infant/young child, emphasizing routines-based handling in the treatment of torticollis and reflux. Dr. Mizera is a member of the APTA Pediatric Task Force on Reflux, which is working to develop clinical practice guidelines.

Course Description

What causes reflux? Is it really such a big deal? Can it be related to my patients' motor/postural deficits? The speakers addressed these questions during their highly acclaimed presentation at the 2024 APTA Combined Sections Meeting in Boston. They are bringing the same information and energy to a live webinar format. The speakers explore the causes of gastroesophageal reflux disease (GERD) from a biomechanical and medical perspective, establishing the connections between the gastrointestinal (GI) system, the diaphragm, postural stability, and the body's physical response to reflux's noxious stimulus. Pediatric clinical symptoms of GERD are presented and explained, such as atypical posturing, feeding difficulties, respiratory problems, chronic constipation, torticollis, balance impairments, toe-walking and long-term postural abnormalities. The speakers make a compelling argument that screening their patients' internal organs for their role in health and mobility conditions should be routine for all pediatric therapists. Therapy interventions are suggested from the neonate to the young adult.

Learning Objectives

- Describe the anatomy/physiology of gastroesophageal reflux disease and its medical and physical causes and consequences.
- Describe the impact of pressure in the abdominal and thoracic cavities on the five major roles of the diaphragm (breathing, reflux management, gastrointestinal motility, postural control, and venous return) and describe how the diaphragm functions as an integral part of the gastric junction which mitigates reflux.
- Identify clinical symptoms of reflux in our patients from infancy to adulthood and describe secondary complications /consequences of untreated GERD.
- Identify tools for therapists doing clinical assessment of GERD and suggest clinical interventions to minimize its adverse effects on pediatric populations.

Audience

PT, OT, & other clinicians working with patients with GERD (gastroesophageal reflux disease). The focus is on the pediatric population.

Help your patients achieve better outcomes.

Schedule Day 1:

6:30 pm – 9:00 pm ET (US)

6:15 – 6:30 Webinar Registration/Zoom Course Opens

6:30 – 8:00 – **Mary Massery, PT** – Focus on anatomy & relationships of internal organs, trunk pressures, and the physiology of breathing. How does that relate to reflux and posture?

8:00 – 9:00 **Margie Mizera PT**– Focus on clinical symptoms of reflux from infancy to adulthood, proposing clinical assessments/treatments to minimize adverse consequences

Financial Disclosures

Mary Massery receives an honorarium from Education Resources. She has no relevant non-financial relationships to disclose.

Margie Mizera receives an honorarium from Massery PT, LLC. She has no relevant non-financial relationships to disclose.

Additional 2026 Courses by Mary Massery

- **Mary Massery's LINKED: Breathing & Postural Control Part 1** (live webinar)
January 16 and 17, 2026
- **Mary Massery's LINKED: Breathing & Postural Control Part 1** (live webinar)
March 13 and 14, 2026
- **Mary Massery's LINKED: Breathing & Postural Control Part 2** (in person)
March 28 and 29, 2025
Chicago, IL
- **Mary Massery's LINKED: Breathing & Postural Control Part 2** (in-person)
April 25 and 26, 2026
Winter Park, FL
- **Mary Massery's LINKED: Breathing & Postural Control Part 1** (live webinar)
May 1 and 2, 2026
- **Mary Massery's LINKED: Breathing & Postural Control Part 1** (live webinar)
October 2 and 3, 2026
- **Mary Massery's LINKED: Breathing & Postural Control Part 1** (live webinar)
October 2 and 3, 2026
- **Mary Massery's LINKED: Breathing & Postural Control Part 1** (live webinar)
December 4 and 5, 2026

ERI: Life-changing learning

You love what you do. Our courses remind you why. As a therapist, you change lives every day – and have your life changed in return. ERI is life-changing learning, for therapists by therapists.

The ERI Advantage

- Techniques you'll use the next day
- Peers who share your passion
- Renowned faculty
- Evidence-based courses that improve outcomes
- 30 years of life-changing learning

Specialty Tracks

Learn with courses throughout the lifespan – neonatal, pediatric, adult and geriatric. Each ERI specialty track is designed to make the most of your continuing education time, budget, and goals. Start your search with us and plan every course you'll take in 2026.

ERI Rewards*

Your ERI experience is more rewarding than ever:

- First course discount
- Bring a friend savings
- Group discounts
- \$100 off your 4th multi-day course

*Subject to availability. Exclusions may apply. Visit our website for details and coupon codes.

Visit educationresourcesinc.com for all your 2026 course needs.

Credits

This course meets the criteria for 2.5 contact hours (0.25 CEUs) Intermediate Level.



Education Resources, Inc.
Intermediate level
0.25 ASHA CEUs

ASHA CE Provider (Intermediate level) 0.25 ASHA CEUs. ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products, or clinical procedures.

ASHA credits are accepted by the TX Department of License and Renewal.

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 for 3 contact hours.

Approved provider by the NY State Board of Physical Therapy for 3 contact hours (0.3 CEUs).

Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, OK and TX.**

The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, KY, MA, MI, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY.** 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, ME, MT, NE, ND, NH, SD, WA.**

2.5 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 requests: info@educationresourcesinc.com or 800-487-6530.

Webinar Date and Time

April 7, 2026

6:30 pm ET • 5:30 pm CT • 4:30 pm MT • 3:30 pm PT (US)

Registration is for the 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.



\$95 fee. 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. Call 508-359-6533 or 800-487-6530 (outside MA) FAX 508-359-2959 • www.educationresourcesinc.com
Limited enrollment. We encourage you to register online!

LIVE WEBINAR:

When Reflux Comes Up, EVERYTHING is Affected
Mary Massery, PT, DPT, DSc and Margie Mizera, PT, DPT, PCS

☐ April 7, 2026

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.

Cardholder's name & billing address with zip code if different from above:

Signature _____

Amount charged _____

I hereby authorize you to charge my: ☐ VISA ☐ MC ☐ DISCOVER# _____

Exp. Date _____ CVV2 Code _____