

# 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.

## 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

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## Credits

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



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Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 3 contact hours.

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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.

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## 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.



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**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**

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