

Mary Massery's LINKED: Breathing & Postural Control Part 2

Dr. Patricia West-Low, PT, MA, DPT, PCS

Faculty

Dr. West-Low holds a Bachelor's degree in PT from The University of Scranton, an Advanced Master's Degree from New York University, a Doctoral Degree (DPT) from Seton Hall University, and is a Board Certified Pediatric Clinical Specialist. She has developed and teaches courses on the topics of Physical Therapy Examination and Treatment of Individuals with Autism, Connective Tissue Mobilization for Pediatric Therapists and Yoga for Special Populations.

Dr. West-Low has been a teaching assistant in all of Dr. Mary Massery's courses for the past 20 years, and completed a 2-year, invited teaching apprenticeship becoming a Massery certified faculty member in 2018. She teaches across the country for Dr. Massery. Currently Dr. West-Low is a full-time clinician at Children's Specialized in New Jersey and is completing her PhD in the Movement Sciences at Seton Hall University. Trish and her dog, Rigby, serve as a volunteer dog therapy team.

Audience

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

Financial Disclosure: Financial Disclosure: Dr. Patricia West-Low receives an honorarium from Education Resources, Inc.

Non-Financial Disclosure: Dr. Patricia West-Low has no relevant non-financial relationships to disclose.

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.

Schedule Day 1

- 7:30 – 8:00 Registration
- 8:00 – 8:30 Discussion
Questions from Part-1 LINKED before we dive into Part-2
- 8:30 – 9:45 Lecture/Demo
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
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
Brief introduction to rib cage and trunk musculoskeletal restrictions associated with breathing difficulties. Quick screening!
- 4:30 – 5:30 Demo
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
Review, synthesis and Q & A
- 8:30 – 10:00 Lecture/Discussion
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
Homework: Putting it all together
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

This course meets the criteria for 13 contact hours (1.3 CEUs) Intermediate Level. To receive a certificate of completion all registered attendees are required to attend and participate fully in all applicable course activities (i.e., labs, discussions, group work, polls, post-tests with passing grade of 80% or greater etc.) and complete the evaluation form.



Education Resources Inc. is an AOTA Approved Provider of professional development. Course approval ID# 10236. This Live Course is offered at 13 contact hours 1.3 CEUs. (Intermediate level, OT Service Delivery & Foundational Knowledge). AOTA does not endorse specific course content, products or clinical procedures.

Approved Provider for the FL Occupational Therapy Association CE Broker for 15.5 CE Hours
This course can be used toward your NBCOT renewal requirements.



Education Resources Inc.
Intermediate Level
1.3 ASHA CEUs

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Application has been made to the FL Physical Therapy Association for 15.5 contact hours. Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors.

Approved by the MD Board of Physical Therapy Examiners.

Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 15.5 contact hours.

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Education Resources, Inc. 266 Main St, Suite 12, Medfield, MA 02052. Please contact us with any special needs requests: info@educationresourcesinc.com or 800-487-6530.

In-Person Course Dates and Times

April 25 and 26, 2026

AdventHealth Sports Med & Rehab

1724 N. Mills Avenue, Suite 400

Orlando, FL 32803



\$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. Limited enrollment. We encourage you to register online.

In-Person: "Mary Massery's LINKED: Breathing & Postural Control Part 2"
Presented by: Patricia (Trish) West-Low

April 25 and 26, 2026

Orlando, FL

Course Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

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Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

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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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