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

Vincent Leddy, PT, DPT, PCS

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Faculty

Dr. Leddy competed his BS in Physical Therapy in the Netherlands in 1988, his DPT at Rocky Mountain University in 2017, and his APTA certification as a Pediatric Clinical Specialist in 2018. In 2019, he completed a 2-year invited apprenticeship to become Mary Massery's third certified faculty member!

Dr. Leddy's interest in breathing and postural control extends beyond pediatrics and includes complex neurological patients, adult orthopedic patients, and elite level ballerinas. He is a life-long learner and teacher, focusing on creating long-term benefits for his clients, such as with his "Now What?" peer project pairing young adults with cerebral palsy (CP) with adult mentors with CP.

Vincent's proudest "Mary Massery moment" was using Dr. Massery's concepts to improve the breathing patterns of an infant with developmental delays caused by gastric reflux and multi-system consequences. He would not have recognized this link without the mentorship he received in his faculty training. He can't wait to show other therapists how to apply these concepts to their patients.

Financial Disclosure: Financial Disclosure: Dr. Leddy receives an honorarium from Education Resources, Inc.
Non-Financial Disclosure: Dr. Leddy 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.

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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"

Audience

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

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Credits

Coming soon.

In-Person Course Dates and Times

April 10 and 11, 2027

St. Louis Children's Hospital Specialty Care Center - West
13001 North Outer Forty
Town and Country, MO 63017

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$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: Dr. Vincent Leddy

❑ April 10 and 11, 2027 - Town and Country, MO

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

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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